

# Victorian Seniors Festival

~ 1 – 31 October 2025

We are ready and willing to present throughout Victoria during the month-long Seniors Festival in October 2025. In recent years we have facilitated many relevant workshops to connect, support and empower seniors.

All workshops are 90 minutes in length, to allow for interaction, to engage participation in discussion, provide hands-on tasks or action, with some workshops having games and movement, and all focus on linking themes to overall mental health and holistic wellbeing.

We are delighted to share a sample for your consideration.

## Health & Wellbeing

The Stories we Tell Ourselves – Unlocking your Emotions

Sleep, your 1/3 Superpower

Managing Intense Emotions

Unlock Secrets to Mental Health & Wellbeing

Caring for Yourself as the Carer

Balancing Dynamics of 50/60+

Are you OK? – Setting Boundaries

Spring into Action – Find the Keys to Feeling Great

## Hands-on & Creative

Watercolours - Opening the Door to a Sense of Peacefulness \*

The Art of Bonsai to Find Inner Peace \*

Quilling, the Art of Concentrating \*

Creating Gift Cards with Intention

Journaling to Improve your Health & Wellbeing

Creative Life Writing to Wellbeing

The Power of Doodling & Colouring with Attention

## Connection & Fun

Singing & Reminiscing to Wellbeing

Laughter is the Best Medicine

Rediscovering your Passions & Hobbies

Who's my Clan? – uncover through discussion and games

Let's Get Active, through a little silliness & fun

## Purposeful Connection

Unlocking Technology to Empower Connection – uncover technology to help connection, dispel myths

Service with a Smile

The Power of Gratitude

Community Connection Conversations (choose a theme such as empathy, harmony, joy, regret, kindness)

Uncover the Power of Solitude & Nothing

## Who is the presenter?

Annette Subhani brings an enthusiastic and engaging approach to her workshops, focusing on supporting individuals to uncover new insights, feel supported and leave feeling empowered with new strategies to try. She creates a safe space and throughout each workshop she is vulnerable in sharing lived-life experiences and encouraging others to do the same. Her down-to-earth style fosters open discussions and sharing, which enhances wellbeing and inspiration. She has received numerous awards for her contributions to community building and educational initiatives, highlighting her strong influence on both individuals and the broader community.

Annette is a professional with a diverse background in early childhood and primary education, human resources, community development, coaching, providing parenting support and education, along with trauma counselling with Lifeline, Men'sLine, and CareRing providing vital support in areas such as mental health. She draws on these experiences in planning and presenting her workshops. Through her *New Pathways Life Model*, Annette provides a holistic framework for creating life strategies that support ongoing change, balance, and personal empowerment.

Each workshop is different and Annette uses a unique combination of approaches to engage participants and create an empowering space.

Depending on the nature of the workshop these approaches include:

- Discussion and sharing of lived-life experiences
- Workshop handouts so participants can capture their insights and new strategies
- Uncovering personal strengths, passions, barriers
- Music, dance, drama, musical instruments
- Humour
- Myth Busters
- Participation from experts or inspirers – through video shorts
- Words of Empowerment and Inspiration
- Hands-on – planting bonsai starter plants in tiny pots, card-making, creative experiences
- Creative techniques – drawing, watercolour painting, doodling, colouring, the use of colour, shade and texture

### Testimonials from recent workshops:

Excellent presentation. Lived audience participation, Lovely being welcomed individually by presenter.

Annette you are such an uplifting person, and I enjoy hearing your insights.

Annette is a wonderful presenter.

Absolutely loved the session.

Annette is very hands-on and engaging with everyone.

You can book one, two or even a series of workshops on various topics. A series offers a unique opportunity for Annette to connect with participants at a deeper level throughout a few sessions, optimising the outcomes.

We would love to be part of the schedule and experiences you are offering.  
Call us today to consult on how we can meet the needs of your community.

Prices on application



**Annette Subhani**  
**0418 320 138**

**New Pathways Coaching & Education**  
[www.newpathwayslifecoaching.com.au](http://www.newpathwayslifecoaching.com.au)

**Email:** [newpathwayslc@gmail.com](mailto:newpathwayslc@gmail.com)

**Facebook:** @NewPathwaysLifeCoaching

**Insta:** @newpathwayslc