



**THE LIGHTHOUSE**  
CENTER FOR WELLBEING

PROUDLY PRESENTS

# Discover Your Light

A Wellbeing Event

EXPLORE HOW TO FIND RELIEF, DISCOVER BALANCE  
AND LIVE WITH VITALITY IN 2018

Saturday, January 27<sup>th</sup> 2018, 10am – 3.30pm

*Join us for a full day of interactive wellbeing workshops,  
informal discussions and activities for all ages.*

It is not always about putting out fires. Psychology, especially in groups, is often about redesign and inspiration. Why wait until there 'is a fire in the house' to ask for help, when you may just have a desire to expand the house, to renovate and redecorate?

**Discover Your Light** is a day of interactive wellbeing workshops and informal discussions facilitated by The LightHouse Arabia's team of qualified and experienced psychologists. The day is suitable for anybody who wishes to explore how psychology can enhance their life and gain direct experience of the applications of psychology *for whatever life task or stage you may be at.*

**Discover Your Light** is designed to be a fun and inspirational day – motivating participants of all ages to create a rich and satisfying 2018.

## Event Highlights and Activities

- **21 interactive wellbeing workshops** across a wide array of topics and life skills for Adults (individuals, couples & parents), Children (4 yrs+), Tweens and Teens.
- Free 30-min **Mental Wellbeing Check-Up** by qualified & experienced psychologists from The LightHouse team.
- **Three interactive panel discussions** addressing mental health treatments, mindfulness for children and relationships.
- An **Information Corner** for informal discussions with members of The LightHouse team.
- A **Kids Zone for ages 5+ yrs** An enhancing experience for children with arts and crafts, live music and storytelling time.
- **Personal Development** and experiential stands.
- **Mind & Body** activities.
- Healthy snacks & refreshments.

## Registration

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# Event Workshops:

## ADULTS & TEENS

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### **The Art of Being a Man:** *King, Magician, Warrior & Lover*

This workshop explores being a man, husband, father, professional and friend in Dubai in 2018. The four masculine archetypes and their shadows are used as a framework for discussion and identifying areas for personal development. The focus is on becoming honest with ourselves about what we need to change to improve ourselves and our relationships.

**For:** Men 18+yrs

**Facilitator:** Juan Korkie

**11am - 12pm & 2pm - 3pm**

### **Techelligence:** *Moving Towards Healthy Technology Practices in Your Family*

In this workshop, we will explore the importance of connecting with people in real life. We will discuss the 'How To's' of co-creating a healthy screen time schedule for all family members, so that the internet and social media enhance, rather than detract, from the quality of life for the family unit. We will also discuss 'life away from the screen', and how vital it is for all family members to be conscious of it.

**For:** Parents and their children

**Facilitator:** Sultan Al Shaman

**12:30pm - 1.30pm**

### **Ego Lab:** *Looking Inward to Move Forward*

In this workshop, you will be introduced to the *Egogram*. Together, we will explore how to use it to induce the change you want to see in your life. The aim of the workshop is for you to learn more about yourself, and also how other people might perceive you. From this understanding, we will shed light on what you might change in your life in order to better tailor it to your dreams.

**For:** Adults and Teens (15+ yrs)

**Facilitator:** Maša Karleuša Valkanou

**11am - 12pm & 2:30pm - 3.30pm**

### **Body Image Deconstructed**

This is an experiential workshop, which will explore how we construct our self-image and the impact that this has on us as individuals. The workshop will also offer practical tips and strategies to promote positive body image.

**For:** Adults 18+ yrs

**Facilitator:** Aisling Prendergast

**11am - 12pm**

### **The Pitfalls of Being Perfect**

This workshop is for those who would like to explore the idea of perfectionism, and how it can both help and hinder them in their careers and relationships. Using experiential exercises, we will consider how perfectionism develops, how it helps people achieve their goals and how it might cause and maintain problems.

**For:** Adults 18+ yrs

**Facilitator:** Dr. Nick Wakefield

**12:30pm - 1.30pm & 2:30pm - 3.30pm**

### **Positive Strategies for Parents**

This workshop aims to help strengthen your family. It will focus on helping you develop certain key competencies such as positive and nurturing parenting, and learning to reduce critical and violent discipline approaches by replacing them with positive, developmentally appropriate discipline strategies. Learn about how to improve problem-solving skills, anger and depression management, and communication skills, and ways to increase involvement in children's social, emotional and academic-related activities at home.

**For:** Parents

**Facilitator:** Joao Lourenco

**12:30pm - 1.30pm**

### **Self-Compassion:** *Moving Past Barriers and Developing Practice*

An introduction to the key components and theories of self-compassion, and how it can be of benefit to us all. An experiential exploration of what stops us from taking a more self-compassionate stance and a look at practices that will enhance self-compassion practices.

**For:** Adults 18+ yrs

**Facilitators:** Dr. Rose Logan and Dr. Jamilah Motala

**12:30pm - 1.30pm & 2:30pm - 3.30pm**

### **Lighten the Load: Working Moms Workshop (Taster Session)**

This workshop is a taster session of the full course run at The LightHouse. In it, participants will develop awareness of helpful strategies to manage guilt as a working mom. We aim to empower women through validation of their experiences and through the group synergy. We will also be debunking myths and exploring the evidence base around working Moms.

**For:** Mothers who also work outside the home

**Facilitators:** Karen Anne Hope Andrews and Aisling Prendergast

**12:30pm - 1.30pm**

### **Positive Aging:** *How to Add 7.5 Years to Your Life*

Learn what positive aging is, how to change your relationship with aging, and how lying about your age is actually harming your health.

**For:** Adults and Teens (17+yrs)

**Facilitator:** Farah Dahabi

**11am - 12pm & 2pm - 3pm**



# Event Workshops:

## ADULTS & TEENS

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### **Healing Through Meditation**

In this workshop you will be introduced to the basic information about, and importance of, energy centers (also known as chakras or meridians) in your body. We will explore these to help you balance and manage the mental, emotional, spiritual, and physical blocks that most people experience in their daily lives. You will be led through a self-healing and energy balancing meditation. This workshop is for you if you are curious and interested in learning more about yourself through a self-healing meditation practice and integrating your mind, body, and spirit to live to your fullest potential.

**For:** Adults 18+ yrs

**Facilitator:** Madeeha Afridi

**11:30am - 12.30pm & 2pm - 3pm**

### **Mindfulness Meditation** – *An Introduction to the Practice*

In this workshop we will explore what Mindfulness is – and what it isn't. Myths and misconceptions about Mindfulness and Meditation will be discussed so that participants can gain clarity about the practice and how it can greatly enhance wellbeing. There will be practical instruction and we will practice together. Time for discussion and questions and answers will be prioritized.

**For:** Adults and Teens (16+ yrs)

**Facilitator:** Briar Jacques

**1pm - 2pm**

### **The Mindful Couple (Taster Session)**

In this workshop we provide a taster of our *Mindful Couple* course. Principles and techniques from the Gottman Method of couples therapy and Acceptance and Commitment Therapy have been combined to create a dynamic, experiential and informative session for couples who want more presence, wisdom and committed action in their relationship.

**For:** Adults 18+ yrs

**Facilitators:** Dr. Sheetal Kini and Briar Jacques

**11:30am - 12.30pm**

### **Making Dreams a Reality**

This workshop is for those who have experienced difficulty with sticking to their New Year's Resolutions. Through attending, participants will gain practical strategies in setting realistic goals as well as identifying the potential obstacles which stand in the way of them achieving these goals. This workshop will also give participants an opportunity to attach meaning to their goals as a way of increasing intrinsic motivation.

**For:** Adults 18+ yrs

**Facilitator:** Christine Kritzas

**12.30pm - 1.30pm**

### **New Parents Info Session**

We believe that supporting Moms and families gives children the best possible start. *Mommy Monday's* are a chance for new mothers and moms-to-be to come together to hear about and discuss the topics, concerns, the highs and the lows of raising small people. Join us for an information and Q&A session, meet other moms and have the opportunity to steer the content and direction of the group for the year ahead. Dads, feel free to join in the conversation too!

**For:** Parents with children from infants to 5 years old

**Facilitator:** Dr. Rose Logan

**11.30am - 12.30pm**



# Event Workshops:

## CHILDREN & TWEENS

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### **Chill Kids**

The aim of this workshop is to help kids learn basic relaxation techniques. We will work together to promote self-esteem and self-confidence, develop body awareness, imagination, creativity and self-expression.

**For:** Children (7 – 9 yrs)

**Facilitator:** Fazila Gore

**11.30am - 12.30pm**

### **The Mindful Tween**

This workshop will focus on how to help children slow down and learn to enjoy the present moment with all of their senses. Research shows that mindfulness can help increase contentment and happiness, while reducing anxiety and depression. In this workshop, the aim will be to experientially introduce Tweens to the practice in a way that is both understandable and useful for them in their daily lives.

**For:** Tweens (11 - 13 yrs)

**Facilitators:** Fazila Gore and Kate Minosora

**1pm - 2pm**

### **Mindful Bakers**

This workshop provides a gentle, fun introduction to mindfulness using baking as the experiential exercise – helping children to slow down and learn to enjoy the present moment with all of their senses. Research shows that mindfulness can help increase contentment and happiness, while reducing anxiety and depression.

**For:** Children 6 – 8 years & 9 – 11 years (2 groups)

**Facilitators:** Dr. Nida Hussain and Karen Anne Hope Andrews

**11am - 12pm & 2pm - 3pm**

### **My Calm Down Strategies**

This workshop is about helping your children learn to calm themselves within and with others.

**For:** Children (6-10 yrs)

**Facilitator:** Shadan Khawaja

**11:30am -12.30pm & 2:30pm - 3.30pm**

### **Time Management for Tweens**

This workshop aims to assist kids in managing their time effectively, as well as identifying the potential obstacles which stand in the way of them meeting their commitments. Through practical exercises, kids will be provided with a solid framework for time management, and teach them how to plan accordingly.

**For:** Tweens (9-12 yrs)

**Facilitator:** Christine Kritzas

**2pm -3pm**

### **Raise Your Words**

*"Raise your words, not your voice. It is rain that grows flowers, not thunder."* (Rumi).

A lot of times it can be hard to find the right words to describe how we feel, and then a song plays or you read a quote, and you think, "That's me!". This group is designed to help girls find a voice and an identity through the power of words, while having fun. If you want to take a chance on discovering the real you, look no further and give rise to your words!

**For:** Tweens (Girls, 11-14 yrs)

**Facilitator:** Dr. Nida Hussain

**12.30pm -1.30pm**

### **Kids Yoga**

Yoga can help with the stress little one's experience living in our fast-paced world. It helps them navigate challenges with more ease. Through Yoga, children exercise, play, connect more deeply with the inner self. Yoga brings that marvelous inner light that all children have to the surface. Physically, it enhances their flexibility, strength, coordination, and body awareness. In addition, their concentration and sense of calmness and relaxation improves.

**For:** Children 5 – 11 yrs (2 groups) & Tweens 9 – 11 yrs

**Facilitator:** Sneha Kukreja

**11am - 12pm, 12.30pm - 1.30pm & 2.30pm - 3.30pm**



# Event Workshops:

## PANEL SESSIONS

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**Our panel sessions bring together key clinicians with an interested audience to explore content, answer questions and stimulate relevant and useful conversations. Panel sessions are interactive and open to all, subject to seating availability.**

### PANEL 1:

#### **Mindful Kids**

In this session we will present our upcoming 12-week Mindfulness Based Cognitive Therapy course for children. We will explore the evidence supporting the course and how it can help children to both protect their natural mindfulness and respond well to the more difficult emotions. Our panelists will take parents through some of the activities in the Mindful Kids program and encourage discussion about this very useful, but so often misunderstood, way of approaching life. A Q&A session will follow.

**For:** Parents

**Panelists:** Sultan Al Shaman, Fazila Gore, Kate Minosora, Aisling Prendergast and Briar Jacques

**2:30pm – 3.30pm**

### PANEL 3:

#### **Mental Health – Debunking Myths and Exploring Options for Wellbeing**

In this session, our panel of psychiatrists and psychologists will discuss common misconceptions about mental health issues. They will also present the latest in treatment options and discuss the problems and fears that get in the way of people engaging in helpful therapies. Different cultural lenses, in regard to mental health, will be explored. The topic will be thoroughly visited through information sharing, discussion and question and answer.

**For:** Adults 18+yrs

**Panelists:** Dr. Valentina Faia, Dr. Kenneth Mitchell and Ross Addison

**11:30am – 12.30pm**

### PANEL 2

#### **Relationship Therapy 101**

This panel will discuss various aspects of relationships and will be open for questions and comments from the audience. Potential topics include typical patterns to be found in couples, communication problems and solutions, physical and emotional intimacy, the changes in roles and responsibilities as the couple becomes a family, and other relevant issues by the audience.

**For:** Adults 18+yrs

**Panelists:** Dr. Tara Wyne, Dr. Sheetal Kini, Juan Korkie and Masa Karleusa Valkanou

**1pm – 2pm**

## CONTACT US

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COST: AED 105 (includes 5% VAT)

Children under 12 yrs and nannies attend for free

LOCATION: The LightHouse - Center for Wellbeing. For directions please visit our website [lighthousearabia.com/contact](http://lighthousearabia.com/contact)

\* Complimentary Valet Parking is available.