



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 27th 2018, 10am – 3pm

*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

- **14 interactive wellbeing workshops** across a wide array of topics and life skills for Adults (individuals, couples & parents), Children (4 yrs+) and Tweens
- 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 **Little Kids Zone** with books & games (Kids must be supervised by a parent or nanny)
- **Personal Development** and experiential stands
- **Mind & Body** activities
- Healthy snacks & refreshments

Registration

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Event Workshops:

ADULTS & TEENS

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+

Facilitator: Juan Korkie

11am – 12pm & 2pm – 3pm

Techintelligence: *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+

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:

- Increase positive and nurturing parenting.
- Reduce critical and violent discipline approaches by replacing spanking/hitting with positive, developmentally appropriate discipline strategies such as, clear rules and routines, ignoring, using logical and natural consequences, redirecting, adequate monitoring, coaching and problem-solving.
- Improve parents' problem-solving skills, anger and depression management, and communication skills.
- Increase parents' 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.

Facilitator: Dr. Rose Logan and Dr. Jamilah Motala

12:30pm – 1.30pm & 2:30pm – 3.30pm

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For: Adults 18+

Facilitator: Aisling Prendergast

11am – 12pm

Lighten the Load: Working Moms Workshop Taster Session

This workshop is a taster session of the longer 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 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 17+

Facilitator: Farah Dahabi

11am – 12pm & 2pm – 3pm

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+

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 there will be practical instruction and we will practice together. Time for discussion and questions and answers will be prioritized.

For: Adults 16+

Facilitator: Briar Jacques

1pm – 2pm

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+

Facilitator: Aisling Prendergast

11am – 12pm

The Mindful Couple

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: 11:30am – 12.30pm

Facilitator: Dr. Sheetal Kini and Briar Jacques

12:30pm – 1.30pm & 2:30pm – 3.30pm

Healthy Foods and Healthy Minds

In this session we will explore simple strategies to introduce young children and their families to the culture of conscious choice, when it comes to choosing and consuming quality foods and healthy habits, which they can share in together 'as a family'.

For: Children (10 yrs and under) and their parents

Facilitators: Dr. Valentina Faia and Dr. Roberta Fedele

11am – 12pm & 2pm – 3pm

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 6 – 7 years & 7 – 9 years (2 groups)

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: Children, 11 – 13 years

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 years)

Facilitator: Shadan Khawaja

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



PANEL SESSIONS

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 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+

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

1pm – 2pm

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+

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

11:30am – 12.30pm

Registration

PRE-BOOKING OF WORKSHOPS
REQUIRED. ACCESS TO FULL DAY
UPON REGISTRATION.

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