

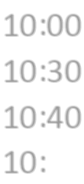
The Novalis Ubuntu Institute

Holistic Wellness Day 2016

‘Personal Development – A Pathway to Conscious Evolution’

Programme – Saturday, 15th October, 2016

10:00 Registration, Networking & Refreshments



10:30 Welcome: Anne-Lise Bure – Managing Director, The Novalis Ubuntu Institute

10:40 Programme for the day: Marianne Boulle, Marketing Manager, The Novalis Ubuntu Institute

10:45 Speaker One: Diana Smith – Hidden Mind Institute – The Hidden Mind Corrective Sound

Protocol



11:00 Speaker Two: Liesl Viljoen and Karin Liebenberg – Health Coach SA – Key Concepts to Health and Happiness – The Integrative Nutrition Way

11:15 Feedback Break

11:33 Guest Speaker – Anthony Rees - National Chairman of the Traditional and Natural Health



Alliance ‘Unnatural Regulations for Natural Health Products’ An overview and update



11:55 A Chance for Every Child Presentation: Bea Juries – Community Development Manager, A Chance for Every Child Project, The Novalis Ubuntu Institute

12:08 Speaker Three: Loraine Magda – Noetic Business Coaching – Thriving By Balancing Your Inner

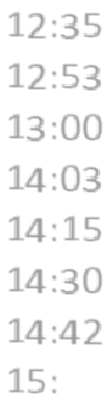


Masculine and Feminine



12:23 Speaker Four: Amy Kaye – Write On South Africa – Writing As Therapy: Using Writing as a

Creative Tool for Healing



12:37 Feedback Break

12:53 Personal Development Programme 2017: Marianne Boulle

13:00 Lunch

14:03 An interview with Estelle Moys - Owner and Editor of Link-Up Western Cape



14:15 Speaker Five: Corne MacKenzie - Restless and Aware – Embracing Mid-Life

14:30 Speaker Six: Naett Atkinson – Financial Confidence, Financial Wellness

14:42 Feedback Break

15:02 A Message from Our Partners, Sofia Association, Sweden: Bea Juries.



Appreciation: Naren Sewpaul – Organisation Development Manager, The Novalis Ubuntu

Institute



15:15 Closing with further networking until 15:30

Speaker’s gifts were kindly provided by Beaucience - ‘Using science to harness the benefits of nature.'

Today’s photographer is Roxanne Kotze Photography – ‘Making memories last forever.’

