



**The Novalis Ubuntu Institute  
Holistic Wellness Day 2016  
'Personal Development – A Pathway to Conscious Evolution'  
Programme – Saturday, 15<sup>th</sup> 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 Boule, 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 Boule
- 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.'

The Novalis Ubuntu Institute – Holistic Adult Education  
A non profit organisation – working globally – acting locally  
[www.novalis.org.za](http://www.novalis.org.za)

