

Collegiate Girls' High School

KLINICARE WELLBEING CONFERENCE

13-15 JUNE 2024



KLINICARE
PHARMACIES

Caring for the Community. Caring for You.

15 
Years of Excellence
1874 - 2024



There may be detours and mountains. It is a long, bumpy and winding road. But happiness and wellbeing are part of a journey and not the destination. So we strive to create a roadmap to plot the course towards being well in ourselves, our homes, our schools and our country. Let's take to the road...

PROGRAMME:

A FESTIVAL OF BEING WELL IN OURSELVES AND IN OUR FAMILIES AND SCHOOLS

*Times may vary

Thursday 13 June

- 13:00-15:00 Registration, Expo, **Tea in Quad**
- 14:30-15:00 Piano recital in Stevenson Hall: Mrs Gustel Agenbag and Mrs Ciska Range
- 15:00-15:10 Welcome by MC, Klinikare, title sponsor: Mrs Maxine Tromp, Klinikare Compliance Manager
- 15:10-15:30 Mrs Louise Erasmus, principal of Collegiate Girls' High School: *Opening address*
- 15:30-16:30 Mrs Kathy Balshaw: *Play to what is strong, not wrong*
- 16:30-17:30 Mrs Estee Cockcroft: *Human Connection vs Chronic Tech Distraction*
- 17:30-18:00 Mr Gino Fabbri - The Power of Laughter
- +/- 18:15 **Supper: Hostel and Garden, Music by Mr Anton Calitz**

Friday 14 June

- 7:30 - 8:00 Piano performance in hall: Mrs Gustel Agenbag and Mrs Ciska Range
- 8:00-9:30 Mr Manie Botha (Bizskills): *Conflict, criticism and the programmes in our mind*
- 9:30-9:40 Activity
- 9:40-11:10 Mrs Emilise Rautenbach (Bizskills): *Understanding a learner's brain during stress*
- +/- 11:10 **Tea: Quad**
- 11:30-13:00 Dr Ela Manga: *Energy management and breathwork: From burnout to breathing*
- +/- 13:00 **Lunch: Hostel and Garden, Music by Mr Anton Calitz**
- 13:40-14:40 Mr Devan Moonsamy: *The isms that divide and the wellbeing that unites*
- 14:40-16:10 Vivienne Schultz – *Igniting Occupational Intelligence*

+/- 16:10 **Tea and Drumming: Quad**

16:30-17:30 Breakaways

- Art Therapy: Ms Sarah Walmsley - ART ROOM
- Music Therapy: African Drumbeat Drumming - QUAD
- The Love, Heartache, Mystery and Hope of Raising and Educating a Special Needs Child: Mrs Sandra Gerber and Mrs Melissa Riordan - IVY LEAF
- On the BEANBAG discussion: What does Gen Z really Want (and Need): Mrs Kathy Balshaw and Team - STEVENSON HALL
- Role of Social workers and psychologists: Melissa Kelly and Kristy Ann Govender - AUDITORIUM

17:30 **Supper with Mr Gino Fabbri and Centrestage: Old Grey**

18:30 Ms Amy Roos, Eduvelopment Presentation

Saturday 15 June

- 7:30 - 8:00 Piano performance in hall : Ms Amy Elliot
- 8:00-8:20 Mrs Charmaine Faul, Executive Financial Planner, Standard Bank: *Financial Wellbeing*
- 8:20-9:10 Mrs Philippa Fabbri: *Happy, Inclusive Schools of Belonging*
- 9:10-10:40 The 3 As (Autism, Allergies and ADHD) and physical, neurological wellbeing: Dr Luki Barnard, KliniDoc Medical Practice
- Ms Lara Hayward, Life Healthcare: *Well, here we are!*
- Question and Answer Session
- +/- 10:40-11:00 **Tea: Quad**
- 11:00-11:30 Gabi Lowe: *Resilience*
- 11:30 Thanks
- ... and fareWELL

WELCOME

A FESTIVAL OF BEING WELL IN OURSELVES AND IN OUR FAMILIES AND SCHOOLS

Dear Delegates

A warm welcome to you.

May this conference be one that fills your cup because we know that you cannot pour from an empty cup. This Conference has been years in the making and arises from the dream of our principal, Mrs Louise Erasmus, and the Wellbeing Department of our school.

PERMA and Positive Education are two philosophies that have guided us in our pursuit of being a happy school where one belongs.

The Covid pandemic, global shifts and a changing world emphasised the fragile state of our world, and it took its toll on the emotional wellbeing of our learners. Rebuilding and adjusting post the pandemic in a time of immense technological change will take time and patience, and individuals equipped to understand the modern landscape.

This conference then aims to empower us all personally and professionally to keep hoping, dreaming, innovating and inspiring.

May you leave the conference feeling invigorated and recharged, excited to confront the challenges that education faces.



WHY THE ORANGES?



You may well wonder why we have chosen to infuse our conference with oranges. There are the obvious connotations of oranges as a symbol of good health, and the source of Vitamin C, and as such, we hope for this conference to be a boost of Vitamin Health for the soul! Then there is the idea of an orange growing as much as we hope you grow from this conference. There is the notion of peeling back layers to get to the slivers in much the same way as we have to peel away the negativity surrounding us. The slivers represent the various aspects of wellbeing, from financial to spiritual. It is also believed that oranges bring good luck and prosperity, and that the round shape represents unity and completeness. The bright colour symbolises happiness and joy. In Asian cultures, oranges are a symbol of good luck.

You will find images of oranges and serenity throughout this brochure and you will find photographs of our speakers that hint at what brings them happiness and joy too. For some, it is a family photograph, for others, it is nature or a pet. Look out for the clues in their words and photographs as to from where their wellbeing stems.

KATHY BALSHAW

Playing to what is Strong, not Wrong: the Power of Positive Education

Kathy Balshaw is a wife, mother and people's person.

Kathy is passionate about Positive Education and nurturing staff and learner wellbeing.

She is an experienced Education Consultant with a demonstrated history of working in the primary and secondary education industry. Her skills include coaching, mentoring, facilitation and public speaking; not to mention that warm fuzzy feeling you get when you connect with Kathy!

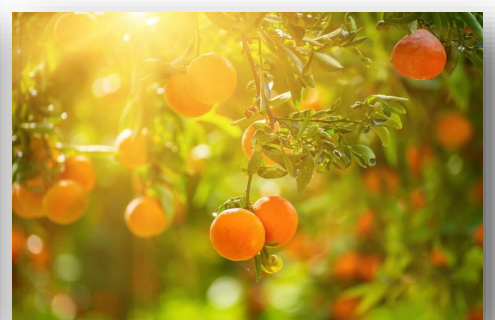
She has a rich association with Collegiate Girls' High School as an Old Girl from the Class of 1983, along with parental involvement when her daughter attended the school as well as teaching experience at the school, heading up the Counselling Department. She has taken many of the Collegiate staff on the CliftonStrengths Journey and leads the Grade Nine career journey annually.

For twenty years, Kathy dedicated herself to high school settings and academia before founding *Relationship-Based Solutions & Training*, a consultancy focused on holistic people development. Her commitment to uplifting others led to senior roles at the General Motors South Africa Foundation and Siyawela Ready-to-Succeed NPC. Here she spearheaded training programmes for principals, staff and parents in historically disadvantaged schools across various communities.

Drawing from her wealth of experience and genuine commitment to empowering others, Kathy aims to examine the transformative power of a strengths-based approach in her presentation. She believes that by shifting an individual's focus from weakness to strengths, we can unlock potential and cultivate a culture of resilience and growth.

Kathy is no stranger to the stalwarts of education in our country. When Muir College in Kariega turned 200 years old, Kathy was invited to serve as the programme director at their book launch and one of those roles was to introduce Professor Jonathan Jansen.

Kathy believes that placing wellbeing at the heart of education is needed more than ever right now, and it has long been her dream to see more of the types of discussions that this Wellbeing Conference will cover.



ESTÉE COCKCROFT

Human Connection Versus Chronic Tech Distraction

Estée Cockcroft is the founder of Screen Smarts. As a mother of three, she is passionate about empowering digital natives and keeping them safe in cyberspace.

"Our children are growing up in the 4th industrial revolution. Teaching them to live healthy, wholesome and balanced lives amidst rapid change is imperative for the overall mental health of society." she says.

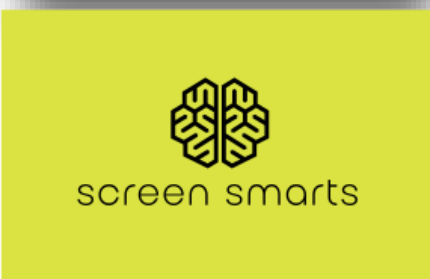
She holds a B.A. (Hons) Marketing Communication from the University of Johannesburg with Psychology as an extra subject.

She has 11 years' experience working in advertising, branding, reputation management and PR. In 2016, Estée published her first novel: *The Eye in the Yellow Bow Tie*, a coming-of-age tale with bullying as a central theme.

She established Screen Smarts in 2018, collaborating with educational psychologists, social media experts, tech gurus and educators to improve the media landscape our children grow up in.

Estée is an avid public speaker and an enthusiastic trail runner.

Is chronic tech distraction stealing your attention away from what is really important? In this eye-opening workshop, we uncover the losses families are suffering due to an 'always-on lifestyle'. Why are we so distracted by our devices? What impact does this have on mental health? How do we disconnect our devices to reconnect our family ties?



Estée Cockcroft

076 298 1115

estee@screensmarts.co.za

www.screensmarts.co.za



MANIE BOTHA

Conflict, Criticism and the Programmes in our Mind

Manie is the founder and director of BrainTribe. He is a life coach, motivational speaker, mentor, leader and trainer. He offers a wide range of courses and certifications – from corporate training to leadership development in schools and corporations and Life Coach Certifications. BrainTribe helps individuals, companies, businesses and schools to grow into the best versions of themselves.



Manie's passion for life and boundless energy make him a refreshing and inspiring speaker. He is particularly passionate about stress management in a school and corporate setting. Manie is an innovative leader who is able to inspire those who work with him through his out of the box ideas. He guides people through the things that matter to them. His unique style challenges people to discover their own identity and goals – he does all this with the power of humour! His optimistic and refreshing outlook on life is contagious.

Over the past 20 years, Manie has gained unique skills. His exceptional talent as a speaker has helped him to communicate effectively with and encourage the new generation. He mentors and inspires them individually or as part of team, and he guides them purposefully and effectually to discover their strengths and full potential.

To contact Manie, please email maniebotha1@gmail.com , or follow him on Instagram [manie_botha](https://www.instagram.com/manie_botha) or LinkedIn.

Manie is presenting under the auspices of Bizskills. Bizskills believes that empowered educators can create a brighter future for their students. Their mission is to support schools and educators on their journey of growth and development. Find out more at <https://bizskills.org.za/>



EMILISE RAUTENBACH

Understanding a Learner's Brain during Stress

Emilise began her working career in education before moving into financial and facilities management and finally founding her own business in 2003. She is the founder and CEO of DARE (Dynamic Action to Rebuild and Enhance). She holds undergraduate degrees in Education and Psychology and a Masters Degree in Research Psychology. She has an international accreditation as a coach, and certification as an international NBI consultant and coach.



The vision of DARE is to inspire, equip and support leaders in organisations, education, churches, communities and in government. She is passionate about enhancing the mental performance of teachers, learners and families. Through the years of experience and research in brain functioning, she has grown into a Behavioural Consultant and Coach who has already made a tremendous contribution in equipping and coaching leaders in Business and Education.

Emilise says. "My passion is to teach and I live for those "Aha!" moments. The story of DARE started with the miraculous recovery of my father after his brain operation. After a whole lot of prayer, and the implementation of neuroscience, he was completely healed. This inspired me to further my studies in Psychology and Neuroscience. I just had to share my discoveries with the world, and so DARE was born."

Emilise's workshop covers how we reduce the impact of stress on a learner's brain by understanding the science behind the processing of information in the brain, understanding how to accommodate different processing profiles and how stress impacts our sensory processing.

Find out more at <https://dare-training.com/>

Emilise is presenting under the auspices of Bizskills. Bizskills offer a diverse range of workshops, carefully crafted to support your school's professional development and earn SACE points. The workshops are fully endorsed by SACE, which highlights their dedication to providing top-notch training that adheres to professional development standards. Through a customized approach, they guarantee that they will address the unique requirements of your school, leading to a significant improvement in the overall educational experience. Additionally, the meticulously designed online platform allows you to easily submit and monitor your CPTD activities, ensuring compliance with SACE regulations. Find out more at <https://bizskills.org.za/>



DR ELA MANGA

Energy Management and Breathwork: From Burnout to Breathing

Dr Ela Manga is no stranger to Collegiate Girls' High as she is an Old Girl of the Class of 1991, and she visited the school as our Guest Speaker for Founders' Day in 2023.

While at Collegiate, Ela worked on introducing a Creative Writing Club. Dr Manga remembers that a guest speaker at the inaugural Creative Writing Club meeting gave each writer a sprig of rosemary to stimulate their creativity. Dr Manga always keeps rosemary close to her.

Dr Manga attended the Wits University Medical School from 1993 to 1998. She is an integrated medical doctor, author, speaker, facilitator and a leading voice in the field of mind-body medicine and wellness in South Africa and internationally. Dr Manga's yearning to live with more energy, deeper meaning, and fulfilment led to a renewed approach to health and life. Dr Manga combines scientific research, western medicine and ancient wisdom in her approach to health and wellness. She believes that the art and science of conscious breathing has the potential to revolutionise healthcare, education, and politics; and to take us back to our capacity for compassion, creativity, and connection. Writing remains a passion for Ela and she contributes to various publications.



Dr Manga has written a series of books on breathing, the first being *Through the Lens of Breath*, where she collaborated with a street photographer to explore through words and images the expression of authentic energy in mind, body, heart and nature. She has also written a book called *Burnout to Breathing and Breath: Strategising Energy in the Age of Burnout*.

She is the founder of Breathwork Africa, an organisation that offers internationally recognised breath work practitioner training and spreads the art and science of breathwork. Dr Manga would like to see breathing take centre stage in restoring health and hearts. Breathing is something many don't take seriously other than that it validates that they are alive. Breathing provides a compass for who you are in your entirety. She would like to see that as systems break, we are ready to build bridges within us and between us; armed with our most powerful inner resource one day at a time, one breath at a time. Simple tools can empower people from all walks of life, tools such as self-awareness, health, resilience and peace.

Find out more at <https://www.drelamanga.com/>



DEVAN MOONSAMY

The isms that Divide and the Wellbeing that Unites

Devan has more than 15 years of experience in the learning and development space. He is the CEO of the ICHAF Training Institute Pty (Ltd), a SETA-accredited training provider and supplier to several large organisations. You may also have seen him on television or on Youtube as he is a regular on the screen, being interviewed on varied topics.

Devan considers himself a “Renaissance Man” in many ways, that is, a man who has sought out a variety of experiences, exposure to different views and types of people. A Renaissance person such as Devan, does not see himself as any one thing, but as a person capable of many things, and particularly as a role player in what has been termed the ‘African Renaissance’. Devan is thus able to make use of multidisciplinary approaches in his projects and ventures.



He wrote and published an inspirational leadership diary for 2014 and 2015 called *My Leadership Legacy Journal*.

Three years later, he published a book on diversity called *Racism, Classism, Sexism and the other ISM's That Divide Us*.

He is also the author of *The 8-Step Guide To Modern Health* which delves into the intricacies of mental well-being, providing readers with actionable strategies to enhance their mental resilience and emotional intelligence. His approach is not just about managing symptoms but addressing the root causes of mental health challenges, creating lasting and meaningful change. He has written about workload anxiety which he describes as “a condition where an individual experiences excessive worry, tension, or unease due to their work-related responsibilities, tasks, and demands. It can result from a variety of factors, such as a heavy workload, tight deadlines, a lack of control over one’s tasks, a challenging work environment, and a fear of underperforming. If left unmanaged, workload anxiety can lead to burnout, physical health problems, and diminished job satisfaction.” His talks offer insight into how to deal with this anxiety.

He continues to work on training material on topics such as conflict management, gender relations, and communications. He has a true passion for the learning, training and development field.

Find out more at <https://www.devan-moonsamy.com/>



VIVIENNE SCHULTZ

Igniting Occupational Intelligence

Vivienne is a social entrepreneur and a specialist in leadership development, organizational development and human optimisation in Africa. She coined the term and concept 'Occupational Intelligence' and works in the field of social entrepreneurship.

In 1986, Vivienne completed her Occupational Therapist degree at the University of Pretoria and went on to work for several medical and psychiatric institutions. Throughout her practising years, she witnessed and worked with individuals, and often children, who were traumatised and debilitated by their tough life experiences and mental health challenges.

Her exposure to the fragile side of humanity sparked a deep desire to help and facilitate change. This is when Vivienne realised that 'External Locus of Control', (ELOC) was the biggest issue facing South Africans and that this dependency was the poison that was fostering the entitlement, joblessness, and cultural inequality in the country.

It is this realisation that activated her 'volition' and propelled her to start the A2B Transformation Movement. Everyone at A2B refers to her as "Viva", because of her boundless energy and incredible ability to enthuse and 'volitionise' humans.

She completed her Honours Degree at the Medical University of Southern Africa in 1993. She is an Ashoka fellow, a Babson College (BOS, MA) graduate, public speaker, and an established author.

She is the designer and manager of the certificate program: RESPONSIVE LEADERSHIP, based on neuroplasticity principles. Additionally, she is the program designer of the Global Change Agent Academy.

Vivienne has written two books, nine facilitator's manuals and developed three leadership prognostic instruments. She thrives in diverse cultural settings and can perpetually inspire stakeholders and teams from vision to task completion.

She is a master trainer and has trained over 2000 leaders, entrepreneurs, parents, executives and change agents. She is a strategist and consultant with strong synthesizing skills who uses multi-media as communication tools.

She is a motivational speaker in the fields of task-man-fit competency, transformative education, Volition and will power, whole brain development, development phases of Response-ability, Ecosystems for change, conducive parenting practice, social enterprise development, community development, anxiety and fear management, sustainable wellbeing and dependency to dignity, among others.

Find out more at <https://karoowild.co.za/> and <https://tedxcapetown.org/videos/getting-un-stuck>



DR PHILIPPA FABBRI

Happy, Inclusive Schools of Belonging

Philippa is a qualified teacher with a Doctorate Degree in Inclusive Education and a special interest in assisting children, and their parents, who struggle to learn in the conventional way. She co-founded the Elsen Academy in 2005 on the firm belief that no child should ever be excluded from school because of the way they learn. For the past sixteen years, the school has created an environment where children can be "seen" and "heard". Philippa believes that we need to foster a culture of acceptance and compassion where we celebrate differences and nurture uniqueness by giving every child their own shape to fill instead of banging them into the round holes that are expected from society.



Through networking, webinars, presentations and workshops, Philippa advocates for children and people with neurodiversity and creates a culture of acceptance, empathy and respect for all. Through Education Services, a company offering a range of assistance and in her private practice, she provides child-centred solutions to parenting challenges, assisting schools with their inclusion policies, barriers to learning training for teachers and helping to transform children with challenges to young heroes with superpowers... changing their world. Education Services provides services to support and link parents and teachers to various professionals creating a multidisciplinary approach with the child at the centre. The slogan is, "With you every step of the way."

Philippa's is a proud mom and a very patient wife to her comedian and musician husband. There is laughter and music in the Fabbri home. Countless parents, teachers and learners attest to the help they received graciously and kindly from Philippa as she shares her expertise, personal experiences and anecdotal knowledge.

Philippa writes, "As a parent, I have also walked *the long and winding road* of trying to find answers and solutions for learning challenges and an approach that suits the individual. A mismatch between child and school can have a devastating effect causing lasting scars."

Find out more at <https://educationservices.co.za/>



LARA HAYWARD

Well, Here we Are: The Journey to Wellbeing in Schools

Lara is an experienced school social worker with a demonstrated history of working in the secondary education industry. She is skilled in Wellness Programmes, Counselling, Training, Mediation, and Crisis Intervention. She has a strong sense of community and she is a social services professional with a Post Graduate Certificate in Education from Nelson Mandela University and a Degree in Social Work from the University of the Free State.

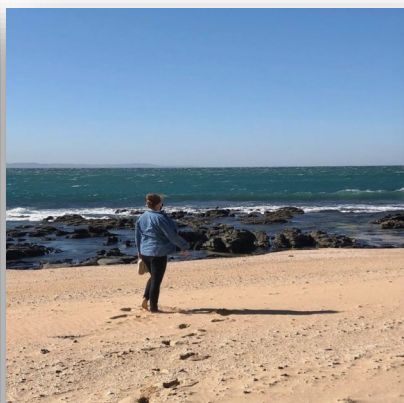


Lara served as the Head of the Afrikaans Department and then Head of the Life Orientation Department, while also offering counselling services and being instrumental in setting up a Wellbeing Department at Collegiate Girls' High School. She left Collegiate in June 2022 to pursue a social work position at Life Healthcare, but has continued with presentations for learners and parents.

For Life Huntersraig Private Hospital, she presented a virtual workshop about adolescent mental wellness. We know navigating the transition into adolescence may be challenging and she is able to share helpful advice and tips on how to thrive during this process.

Those who know Lara will tell you of her warmth, kindness and her ability to evaluate a situation and get to crux of the matter with deep insight and maturity. When you are with Lara, you feel safe and comfortable; and there is laughter! This dynamic, empathetic speaker will offer you insight into what teenagers are facing today, what challenges we are facing with mental health and that there is always hope and light!

See her work introducing wellbeing in this video: <https://www.youtube.com/watch?v=eHkgqhtNAcs>



GABI LOWE

The Power of Resilience: A Personal Journey #getmeto21

Gabi spent twenty-seven successful years in media and marketing when, following a dramatic change in personal circumstances, she found her true calling as a life and leadership coach in 2016 and launched The Coaching Nest.

Gabi is an author of the best selling novel *Get me to 21* and is acknowledged worldwide as a medical activist for organ donation and Pulmonary Hypertension in South Africa.

Following the tragic loss of her daughter, Jenna Lowe, in 2015, Gabi launched the Jenna Lowe Trust as a non-profit organisation in order to continue Jenna's work and legacy.

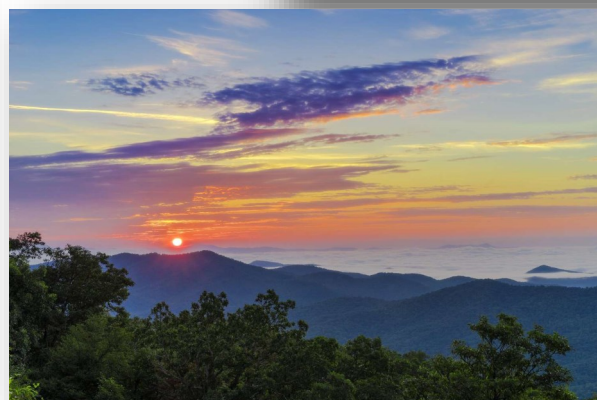
In 2015 Gabi met Pippa Shaper and together they co-authored *The 10 R's Model for Authentic Resilience*. Together, they launched the Resilience Factory in early 2018.

Gabi remains a passionate advocate for organ donation and accessing assistance for patients who otherwise have no access to the medication and expertise they need. She is a dynamic speaker and coach as well as a continued believer in the power of personal resilience.

The extraordinary journey that the Lowe family fought for four years precipitated a meaningful change in direction for Gabi which led to her becoming a professionally qualified integral personal and leadership development coach.

Gabi believes there is a treasure within you greater than you know. She wrote, "Life is full of paradox and challenge, it's how we choose to respond that matters. Awareness is the greatest agent for change: as we develop clarity about ourselves, who we are, why we do what we do, and what we want, we are empowered to live consciously, purposefully and effectively with resilience, choice and curiosity."

Find out more at <https://thecoachingnest.co.za/>



RESOURCES

Unite, Ignite and ASPIRE:

The ASPIRE acronym stands for:

Agency: input and control, active

Safety: physically, emotionally, and psychologically safe.

Positivity: supporting resilience, conflict resolution or confidence.

Inclusion: a sense of connectedness, and every participant has an opportunity to be involved in every activity should they choose to do so.

Respect: treating others with consideration and regard, respecting another person's point of view.

PERMA:

The elements needed for wellbeing or a "flourishing" life:

Positive emotion – experiencing positive emotions such as happiness, contentment, pride, serenity, hope, optimism, trust, confidence, and gratitude;

Engagement – immersing oneself deeply in activities that use one's strengths to experience flow, an optimal state marked with razor-sharp concentration, intense focus, and intrinsic motivation to further develop;

Relationships – having positive, secure, and trusting relationships;

Meaning – belonging to and serving something with a sense of purpose and belief that it is larger than the self; and

Accomplishment – pursuing success, mastery, competence, and achievement for its own sake.

<https://growinggreatschoolsworldwide.com/aspiretowellbeing/>

<https://ppc.sas.upenn.edu/learn-more/perma-theory-well-being-and-perma-workshops#:~:text=There%20are%20five%20building%20blocks,routes%20to%20a%20flourishing%20life.>

A S P I R E

A IS FOR AGENCY

- EMPOWER STUDENTS
- RESPONSIBILITY
- SELF-DETERMINATION

!! ASK GOOD QUESTIONS !!

DECISIONS MADE BY STUDENTS

S IS FOR SAFETY

- PHYSICAL
- PSYCHOLOGICAL
- EMOTIONAL

TRUST

P IS FOR POSITIVITY

- UNEXPECTED KINDNESS - VERY POWERFUL & HIGHLY UNDERRATED

RANDOM ACTS OF KINDNESS

GIVER FEELS BETTER THAN RECEIVER

I IS FOR INCLUSION

- YOU MATTER!
- YOU BELONG
- CONNECTED TO COMMUNITY

INCLUSIVE BELONGING

EXCLUSIVE BELONGING IS DANGEROUS.

R IS FOR RESPECT

- ACTIVE LISTENING
- PAYING ATTENTION
- ACKNOWLEDGING STRENGTHS.

- NOT ABOUT ABRECIATING BEING SUBORDINATE OR SHOWING OFF!

E IS FOR EQUITY

- MORE WELLBEING FOR ALL
- TRUST
- LEADS TO HAPPY CULTURE
- THINKING ABOUT GIVING EQUAL CHOICE + VOICE
- VALUE DIVERSITY

FUNDAMENTAL QUALITIES & VALUES

awareness OF SUBTLE MESSAGES

FUN PROMOTES CONNECTION & BELONGING

ACKNOWLEDGED CONFIDENT VALUED

Visuals by Rachel Dight | Swivel Creative

FIND OUT MORE:

A FESTIVAL OF BEING WELL IN OURSELVES AND IN OUR FAMILIES AND SCHOOLS

Dr Ansie Kitching, PhD in Psychology
aekitching1@gmail.com
082 8232011

Dr Melodie de Jager
https://www.mindmoves.co.za

Graeme Codrington, futurist and scenario planner
https://www.graemecodrington.com

Nosizwe Matija
https://thetoolbox.life/
info@thetoolbox.life +27 78 868 3994

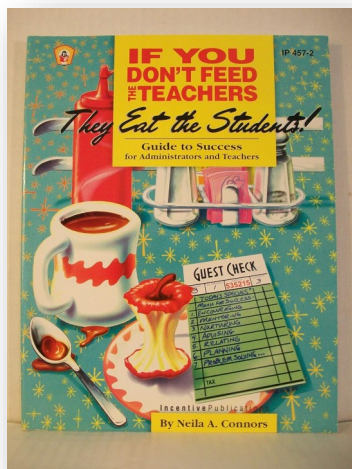
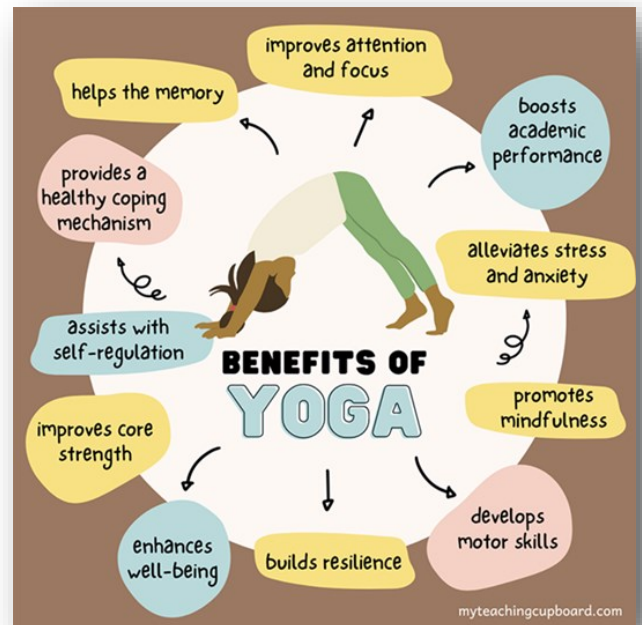
https://growinggreatschoolsworldwide.com/

YOGA

<https://www.youtube.com/watch?v=Td6zFtZPKJ4>
<https://www.youtube.com/playlist?list=PLftdoo4RFfAo3FaqgooCzHF7oXBU9tO1q>
<https://www.myteachingcupboard.com/blog/classroom-yoga-poses-to-help-students-focus-and-relax>

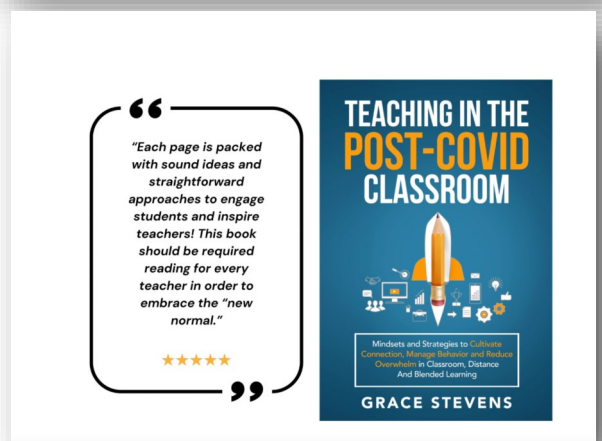
<https://www.kidsyogastories.com/yoga-in-the-classroom/>

<https://www.hopkinsmedicine.org/health/wellness-and-prevention/9-benefits-of-yoga#:~:text=According%20to%20the%20National%20Institutes,weight%20loss%20and%20quality%20sleep.>



Grace Stevens:
https://www.gracestevens.com/

If You Don't Feed the Teachers They Eat the Students!: Guide to Success for Administrators and Teachers by Neila A. Connors



“Wellbeing is about the combination of our love for what we do each day, the quality of our relationships, the security of our finances, the vibrancy of our physical health, and the pride we take in what we have contributed to our communities. Most importantly, it’s about how these five elements interact.”

Tom Rath

ACKNOWLEDGEMENTS

We would like to extend our sincere appreciation to all who have contributed to Wellbeing Fest '24:

- The Principal of Collegiate Girls' High School, Mrs Louise Erasmus
- The co-ordinator of the Conference, Mrs Penny Stephenson, and her team
- The ground staff of Collegiate Girls' High School
- Centrestage
- Capitol Catering
- Riaan Bezuidenhout, Executive Financial Advisor, Old Mutual
- Old Grey Restaurant
- Bonita Benyon, Goshawk
- Andrew Binning of the Old Muirite Union and Inkanyezi Event Organisers, for his advice and guidance
- The Principals, Staff and delegates of participating schools
- Standard Bank
- Locally Yours
- The corporates, businesses and individuals who have supported us.
- Karen Sylvester Mc Kerr Go Brand Marketing
- Thea Dettmann
- Simoné Mao-Cheia
- Fogarty's Bookshop
- Nikky Hynch and Tania Walker, Staff Unlimited
- Life Healthcare Hunterscraig
- Lara Hayward, former Collegiate teacher and school social worker, whose vision of this Conference, guided the organising committee
- Tramayne Monaghan, author of "The Shepherd and The Beast"
- Lindsay Steele and Baywest Mall
- Klinikare Pharmacies
- Sorbet Salon, Walmer Park
- SA Offgrid Power
- Anton Vlok and Konica Minolta
- SupaValue
- Jack's Bagels, Walmer
- Adrenalin Addo
- Eduvelopment
- Seattle Coffee
- Ray's House of Biltong
- AlgoaFM
- Bargain Books
- Eduvelopment
- BDO
- Top T
- Xerox
- Elizabeth Arden
- Debbie Collier
- Yolandi Shaw
- Mondia Sunnyside Hospital
- Akeso
- Vovo Telo Bakery and Café, Walmer
- Remax Independent Properties, Lorraine
- Eduvos
- McWilliams and Elliot
- Africa Padel Old Grey
- Cuspal Manufacturers
- Milkwood

ACKNOWLEDGEMENTS



Welcome to the family.

SUPPORTING LOCAL FARMERS



HuntersCraig Private Hospital



Caring for the Community. Caring for You.

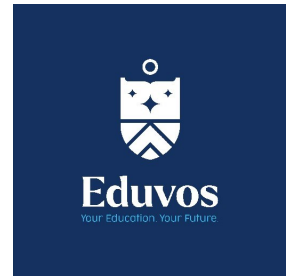




ACKNOWLEDGEMENTS



OLDMUTUAL



xerox

EASTERN CAPE

a subsidiary of Altron

FAREWELL

An old Cherokee is teaching his grandson about life. “A fight is going on inside me,” he said to the boy. “It is a terrible fight and it is between two wolves. One is evil – he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.”

He continued, “The other is good – he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith. The same fight is going on inside you – and inside every other person, too.”

The grandson thought about it for a minute and then asked his grandfather, “Which wolf will win?”

The old Cherokee simply replied, “The one you feed.”

<https://www.urbanbalance.com/the-story-of-two-wolves/#:~:text=An%20old%20Cherokee%20is%20teaching,%2C%20superiority%2C%20and%20ego.%E2%80%9D>

“Piglet” said Pooh. “Yes,” said Piglet. “I’m scared,” said Pooh.

For a moment there was silence. “Would you like to talk about it,” asked Piglet, when Pooh didn’t appear to be saying anything further.

“I’m just so scared,” blurted out Pooh, “so anxious, because I don’t feel like things are getting any better. If anything, I feel like they might be getting worse. People are angry because they are so scared and they’re turning on one another and there seems to be no clear plan out of here and I worry about my friends and the people I love and I wish so much that I could give them all a hug. And, oh, Piglet, I am so scared and I cannot tell you how much I wish it wasn’t.”

So Piglet was thoughtful as he looked out at the blue of the skies, peeping between the branches of the trees in the hundred acre wood and listened to his friend.

“I’m here.” He said simply. “I hear you, Pooh, and I’m here.”

For a moment Pooh was perplexed. “But aren’t you going to tell me not to be so silly that I should stop getting myself into a state and pull myself together that it’s hard for everyone right now?” “No,” said Piglet quite decisively. “No, I am very much not going to do any of those things.”

“But,” said Pooh,

“I can’t change the world right now,” continued Piglet. “And I’m not going to patronize you with platitudes about how everything will be okay, because I don’t know that. What I can do, though, Pooh, is, I can make sure that you know that I am here and that I will always be here to listen and to support you and for you to know that you are heard. I can’t make those anxious feelings go away, not really, but I can promise you that all the time I have breath left in my body, you won’t ever need to feel those anxious feelings alone.”

And it was a strange thing because, even as Piglet said that Pooh could feel some of those anxious feelings start to loosen their grip on him, could feel one or two of them start to slither away into the forest, cowed by his friend who sat there solidly next to him.

Pooh thought he had never been more grateful to have Piglet in his life.

<https://www.awakin.org/v2/read/view.php?tid=2675>



Collegiate Girls' High School



FAREWELL

Collegiate Girls' High School

15 
Years of Excellence
1874 - 2024



GOSHAWK
PRINTERS
LITHO • DIGITAL • SILKSCREEN