

Planning a Positive Future: Dynamic Living at any Age

Ageing is inevitable, but suffering is optional!

The presenters are: Dr Marita Brink, Dr Helen Dunbar-Krige, Dr Hanneltjie Edeling, Ms Aderyn Exley and Dr Connie Valkin.

Cost: R900.00

Applied for seven CPD points

Aims of the workshop: Our goal is to plan and initiate a positive future where good health and mental acuity complement happiness, fun, fulfilment and peace.

We want to open up a conversation about ageing to assist participants in finding positive strategies for personal and professional excellence in the later years of life.

Your presenters:

Dr Marita Brink has walked a long road from academia to private practice. Her work life includes psychotherapy, supervision and training of professionals. Looking back, she is very aware of having experienced the different phases of life from childhood to beyond maturity both directly and vicariously through the many people she has had the privilege of knowing so well.

Dr Helen Dunbar-Krige is a senior lecturer in the Department Educational Psychology at the University of Johannesburg. She is interested in the (re-) positioning of educational psychology within the field of community psychology to address research, practice and interventions in school communities. One of the main areas of development for educational psychologists working in school communities, is the positive role older people can play in the lives of young children and adolescents.

Dr Hanneltjie Edeling combines her experience as a dietician and psychologist interested in hypnosis, NLP, spiritual development and positive psychology to assist participants in their exploration of key attitudes and actions about ageing.

Dr Connie Valkin sees herself as a 'context hopper' both professionally and personally. She works in education, academia, in a private clinical practice and in the community and spends time in Johannesburg, Cape Town, London and Toronto. This fascination with context began with her early focus on parenting and has evolved into the ordering of her own multiple lives where the ecological phenomena are profound even in ripe maturity. She believes that wisdom and age become a massive professional advantage.

Ms Aderyn Exley uses her experience as a holistic, integrative private practitioner, transformation coach and consultant in industry as a platform to explore the ageing process. She believes that the cyclical parallels of birth and death in all things are linked to our own keen awareness of ageing.

This is an interactive workshop. Participants are encouraged to share their wisdom and experience in the group. Bring any material that you find meaningful about ageing such as articles, jokes, cartoons, books, poems, dreams, stories or anecdotes about ageing (positive or negative) references to pertinent literature or research about ageing well – physically, emotionally and spiritually

Programme

Part one – Your internal operating system

9:00 to 10:15

Aderyn Exley and Helen Dunbar-Krige

Here we will look at some aspects of our conscious and unconscious programming and attitudes to the ageing process, mature life and death.

Tea: 10:15 to 10:45

Part Two - Your equipment

10:45 to 12:15

Hannetjie Edeling

Participants will assess their own physical status – especially with regard to neurotransmitters, nutrition, and physical health strategies. They will learn how nutrition, exercise and a balanced neurotransmitter profile contribute to health, great mood, enhanced immunity and abundant energy. Other positive health strategies will also be discussed.

Lunch: 12:15 to 12:45

Part three - Your positive vision on ageing

12:45 to 14:15

Marita Brink

(Re) - programming for a positive future. We will also look at core strengths and happiness levels and how to apply these for future benefits. Spirituality, meaning making, safety and self-in-society are focused upon.

Tea: 14:15 to 14:45:

Part 4 – Your professional self - the psychologist and ageing

14:45 to 15:45

Aderyn Exley and Connie Valkin

Together we will consider the losses, gains and challenges facing the older psychologist, but most importantly we will create strategies that ensure ongoing dynamism as mature psychologists.

Part 5 – Your dynamic new narrative

15:45 to 16:30

Helen Dunbar-Krige

Closing