



## ChangeFest Sessions and Speakers

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| <p>John Wright</p>         | <p><b>Positive approaches to change</b> - <i>"They always say time changes things, but you actually have to change them yourself."</i> — Andy Warhol. John introduces you to practical tools and techniques that have helped him and the people he works with to create positive change for themselves. There will be opportunities to reflect on your current situation and map out a way forward. His input will come from his own personal experience of managing personal and business change. This experience is supported by qualifications in NLP, a Masters in People Development and an accredited coach with the Association for Coaching. <a href="http://www.symbiosisconsulting.co.uk">www.symbiosisconsulting.co.uk</a></p>                         |
| <p>Kay Cook</p>            | <p><b>Everyday Abundance</b> The country may have a deficit but do we? Are we living our lives as though resources are scarce? Putting off enjoying all the good things we already have? Saving for a rainy day or over-indulging? What's the difference between our needs and our wants? Is it better to give or receive? And how much is enough? Join me to discuss the impact of our thinking on here-and-now happiness and contentment, let go of outdated messages and find out what we really value in life. Kay is a Happiness Coach and co-facilitates a monthly Action for Happiness Group in Kendal. <b>Kay is providing a ChangeFest coaching session at 12.15pm</b></p>   |
| <p>Sandy Marshall</p>      | <p><b>About Memory Resolution</b> Do you feel you experience a certain emotion (or mood) too much - it comes whenever it wants and stays until it is ready to leave? It doesn't have to be that way. You can, if you choose, use the Memory Resolution Technique which is one of the fastest and most effective ways you can use to overcome overwhelming emotions and resolve un-useful memories, which can be underlying causes of depression, anxiety, fears and phobias. Sandy Marshall is an Accredited Trainer of NLP and Memory Resolution and runs a Community Interest Company The-Key. <a href="http://www.the-key-org.uk">www.the-key-org.uk</a></p>   |
| <p>Jackie Wilkinson</p>   | <p><b>Change for Healthy Eating</b> If you want to look and feel better come and find out how to change to healthy eating. In this interactive workshop, we'll work through the factors that generate momentum to start a change. Touching on the science behind the failure of dieting, we'll look at a better way to eat and explore what it takes to keep eating well. Jackie is a coach with a background in science. She competed in international sport for 21 years, is the author of "Succeed in Sport" and is devoted to helping others improve their lives through her passion for food and health. <a href="http://www.learn-to-eat-well.co.uk">www.learn-to-eat-well.co.uk</a> <b>Jackie is providing a ChangeFest coaching session at 2.25pm</b></p> |
| <p>Sonya Lengweiler</p>  | <p><b>Banishing the Monsters of Self-Doubt and Negativity</b> We have all the abilities and resources we need to succeed in life, so why is it that so many of us do not lead the lives we want? What is it that holds us back? For many of us it is that little voice inside our heads that stops us 'You're not good enough' 'Everyone will laugh at you' 'Who do you think you are?' If you have been carrying this around for years, come and join a fun, interactive workshop and learn how to stop being so mean to yourself and banish those monsters for good. Sonya Lengweiler is a Business and Personal Coach running Life Coach Me based in the south of Cumbria. Her web is <a href="http://www.lifecoachme.co.uk/">www.lifecoachme.co.uk/</a></p>   |
| <p>Andy Hunt</p>         | <p><b>Emotional Freedom Techniques</b> Andy's presentation is for people who want an introduction to Emotional Freedom Techniques (EFT) or "Tapping" as it is sometimes called. After introducing EFT, Andy will explore how our psychological make-up makes us suffer unnecessarily and how we can use EFT to reduce some of that extra distress we experience in everyday life. Andy is the creator of Change Camp which takes place twice a year in Newcastle-upon-Tyne <a href="http://www.changecamp.co.uk">www.changecamp.co.uk</a> In Newcastle, Andy runs Practical Wellbeing <a href="http://www.practicalwellbeing.co.uk/">www.practicalwellbeing.co.uk/</a> specialising in EFT and NLP and provides therapy, workshops and training</p>               |
| <p>Jilly Jarman</p>      | <p><b>Singing For Change</b> No singing or musical experience required to join Jilly Jarman in a workshop on singing for well-being. Jilly is well-known in Cumbria for her amazing creative workshops, community choirs and musical discovery sessions. Whether you sing in the shower, the Albert Hall, or don't sing at all, come and experience using your voice in a group and creating music together. See the wide range of opportunities for inclusive, grassroots music making in Cumbria and the North East on <a href="http://www.bluejamarts.org">www.bluejamarts.org</a>. Jilly is also leading everyone at ChangeFest to sing together after lunch."</p>  |
| <p>Diana Shead</p>       | <p><b>From Dreams to FACT:</b> Diana's background is in health, with experience in both management and clinical roles. Coaching is an integral part of her work as a physiotherapist in a Pain Management Programme and with clients facing change points in their lives. From dreams to FACT explores the neuroscience behind creating change. If you struggle to achieve goals with people this workshop could give you some new ideas and allow you to tap into your brains phenomenal power.</p>  |

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| <p>Pauline Fraser</p>    | <p><b>Mindfulness Workshop.</b> An opportunity to learn about mindfulness and experience a relaxing meditation. Suitable for everyone from all backgrounds, the benefits include being in the present and paying attention when with other people, improving memory, increasing happiness, raising self-confidence and reducing stress. Pauline Fraser has spent the last ten years working as a freelance coach and trainer, most recently working with long-term unemployed and carers. Pauline promotes mindfulness as a way of increasing creativity.</p>   |
| <p>Cecile Buckenmeyer</p>    | <p>I invite you to explore the <b>language of dreams and emotions</b>, which in my experience are an incredibly rich source of information, about both change and resistance to change. When in touch with the symbolic language of dreams, emotions and imagination, we are open to challenge, but also new sources of energy and direction. Cecile is a Jungian psychotherapist in private practice in Lancaster. I anchor my practice in my own inner work and life experience – having worked in business, lived in different countries and received advanced psychological training at the Jung Institute in Zurich.</p>   |
| <p>Alison Mesher</p>   | <p><b>Psycho-Spiritual Process of Change</b> Alison has been a passionate pursuer of all things transformational over the last 15 years in her own life and in the lives of those she works with. In this workshop Ali, will be looking at why change is so difficult, from the perspective of the structural changes that must take place in the brain in order for new behaviours to emerge. Drawing on the exciting, modern discoveries of neuroscience, the ancient wisdom of spiritual disciplines such as silence and contemplation, and the significant role of emotion on behaviour-she hopes to fire and wire your brain into new ways of thinking and learning!</p>   |
| <p>Keith Adams</p>  <p>Robin Graham</p>  | <p><b>The Psychology of Laughter</b> – Laughter changes your mood for the better in minutes. In a very interactive and fun workshop, Keith and Robin explore the science, psychology and benefits of laughter. Laughter matters as much as intellectual ability – more so when it comes to workplace and personal happiness, building strong relationships and emotional intelligence. Keith runs Laughter Aspirations <a href="http://www.laughteraspirations.co.uk">www.laughteraspirations.co.uk</a>. Robin is a leading UK Laughter Specialist, founder of Feelgood Communities <a href="http://www.feelgoodcommunities.org/">www.feelgoodcommunities.org/</a> and the UK Laughter Conference. He embarks on a laughter tour of Ethiopia at the end of October.</p> |
| <p>Simon Whalley</p>   | <p><b>Simon Whalley is providing coaching sessions for ChangeFest 2014 at 2.50pm.</b> Simon is a leadership and management coach and works with individuals to help them to achieve their goals and transition through change. He does so in a practical professional engaging way, sometimes by walking with a client in beautiful countryside. That helps you to be refreshed, invigorated and re-focused. Life can be better if you get some support! Simon's web is <a href="http://bluetree-d.co.uk/index.htm">http://bluetree-d.co.uk/index.htm</a> Simon also dedicates some of his work to photography <a href="http://www.simonwhalley.org">www.simonwhalley.org</a></p>   |
| <p>Sarah Wilson</p>    | <p><b>Sarah Wilson is providing coaching sessions for ChangeFest 2014 at 10.10am &amp; 10.40am.</b> Her career in organisational development and human resources spans operational and strategic roles. She is known for her pragmatic and business approach. This enables her to ensure coaching in organisations has business and cultural fit and that each intervention is of high quality. When not coaching and organisational development, Sarah is a talented violinist and the Chair of the very successful City of Carlisle Orchestra.</p>  |
| <p>Sarah Mantell</p>   | <p><b>Sarah Mantell is providing a coaching session at 11.45am.</b> Sarah is a director at Sarah Mantell Coaching. A business and life coach, she helps business people to improve their effectiveness in a business setting. Her life coaching helps people attain a better life/work balance and gain greater confidence and assertiveness. Sarah's web is <a href="http://www.saramantell.co.uk">www.saramantell.co.uk</a></p>   |
| <p>Beth Curl</p>   | <p><b>Beth Curl, Hyproformance Ltd</b> is currently Chair of Cumbria Coaching Network. Beth is a management development consultant, facilitator and coach and works in a wide range of organisations, helping individuals and teams perform at their best. Believing passionately that every individual has untapped potential, Beth creates a stimulating learning environment where people build from their existing strengths and develop their skills and confidence in new areas. Beth lives and works by her values of “giving the best to and getting the best from people”. <a href="http://www.hyproformance.com">www.hyproformance.com</a></p>  |

## ChangeFest 2014 Workshop Programme at Brathay, Saturday 18<sup>th</sup> October 2014

| Time  | Theatre  | Syndicate 1  | Loft   | Terrace   | Syndicate 2   |
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| 9.15  | Doors Open & Coffee  |  |  |   | 30 Minute Coaching Appointments   |
| 9.45  | Welcome & Laughter Yoga  |  |  |   |   |
| 10.10 | Workshop 1<br>Positive Approaches to Change<br><b>JOHN WRIGHT</b>                        | Workshop 2<br>Everyday Abundance<br><b>KAY COOK</b>                              | Workshop 3<br>Memory Resolution Techniques<br><b>SANDY MARSHALL</b>                | Workshop 4<br>Change for Healthy Eating<br><b>JACKIE WILKINSON</b>                    | Coach: Sarah Wilson<br>10.10 Appointment<br>10.40 Appointment                           |
| 11.25 | Break  |  |  |   |   |
| 11.45 | Workshop 5<br>Banishing Monsters of Self Doubt and Negativity<br><b>SONYA LENGWEILER</b> | Workshop 6<br>An Introduction to EFT<br><b>ANDY HUNT</b>                         | Workshop 7<br>Singing for Change<br><b>JILLY JARMAN</b>                            | Workshop 8<br>From Dreams to Fact<br>Brain Powered Goal Setting<br><b>DIANA SHEAD</b> | Coach: Sarah Mantell<br>11.45 Appointment<br>Coach: Kay Cook<br>12.15 Appointment       |
| 1.00  | Lunch  |  |  |   |   |
| 2.00  | Singing for Change with Jilly Jarman   |  |  |   |   |
| 2.15  | Workshop 9<br>Mindfulness<br><b>PAULINE FRASER</b>                                       | Workshop 10<br>The Language of Dreams & Imagination<br><b>CECILE BUCKENMEYER</b> | Workshop 11<br>The Psychology of Laughter<br><b>KEITH ADAMS &amp; ROBIN GRAHAM</b> | Workshop 12<br>Psychospiritual Process of Change<br><b>ALI MESHER</b>                 | Coach: Jackie Wilkinson<br>2.25 Appointment<br>Coach: Simon Whalley<br>2.50 Appointment |
| 3.30  | Summary of Learning and Laughter Yoga  |  |  |   |   |
| 4.00  | Close  |  |  |   |   |

**Notes: Workshops Last 1 hour and 15 minutes**

**6 Business or Life Coaching Appointments available – Book on the day or contact Sarah to book in advance - telephone 015395 36501 or email [yourfuture@sarahmantellcoaching.co.uk](mailto:yourfuture@sarahmantellcoaching.co.uk)**