

Booking Form

Name: _____

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WORKSHOPS

- 1. **Healthy Ageing workshop for the general public**
- 1. **Healthy Ageing workshop for health professionals**
- 2. **S-pirituality & S-Ageing workshop for health professionals & the general public**
- 3. **Positive(anti)- ageing and Menopause workshop for health professionals & the general public**

Payment

Please make cheques payable to: The Pleasure Spot Pty Ltd

I wish to pay by: Visa Mastercard

Card Number: _____

Expiry Date: ____/____/____ CVW No: _____

Signed: _____

Direct Deposit:
 BSB: 112 879
 Account: 0436 85290

Post:
 PO Box 213
 Woollahra NSW 2025

Testimonials



“Jo Anne Baker and Esmé Holmes present their work with great experience and integrity” Ruth Ostrow Body Mind Soul writer, speaker, journalist & author.

“As an experienced facilitator in corporate Learning & Development programs I believe Jo-Anne & Esmé’s workshops have wonderful transformative potential and add a new dimension to the corporate world.” Morris Kaplan, author of best-sellers 5 Years to Financial Freedom and It’s Payback Time.

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P.O. Box 213
 Woollahra NSW 2025

PROMOTING
**HEALTHINESS,
 HAPPINESS
 & LONGEVITY**

**Workshops designed for
 Health Professionals and
 the General Public**



www.healthiness.com.au
www.positive-ageing.com

**Ph: 02 9361 0433
 Mobile: 0402 033 726**

PROMOTING HEALTHINESS, HAPPINESS & LONGEVITY

Workshops designed for health professionals & the general public



Jo-Anne Baker (MA.C.Psych) and Esmé Holmes (MA.C.Psych) are running holistic wellness workshops. These are a synthesis of current research regarding health, fitness, psychological and emotional lifestyle factors that promote positive, healthy ageing. This information has been presented at International Conference on Interdisciplinary Social Sciences, Granada University, Spain (2007), International Longevity Conference Melbourne (2006), Quality of Life Conference Deakin University Melbourne (2006), Golden Door Elysia Heath Resort, Hunter Valley NSW (2006)

These workshops incorporate a preventative and empowering program to maintain health, happiness and longevity. Jo-Anne & Esmé draw on a blend of 35 years of diverse study and practices from Indigenous, eastern and western health and spirituality.

Each of the three workshops can either be taken individually or together, as the information is different in each one.

A workbook and readings will be supplied.



For health professionals ongoing Professional Development (OPD) Points available.

1. HEALTHY AGEING: A way to maintain wellness for any age. for the general public

This one day workshop is designed to equip you with an easy way to understand current research & practical information on healthy ageing. This will assist you to change any areas that you feel necessary and help you in maintaining fitness, health and a positive ways of thinking.

What you will get out of the day:

- Information to address specific health, fitness, psychological and emotional needs.
- Strategies to support optimum health as we age.
- Targeting health risk factors.
- Supportive ways to think about issues and problems.

A workbook will be provided to support your ongoing health and happiness.

The Workshop will cover

- Understanding the Wellness model and how to use your workbook
- Identifying your own area of focus
- Ways to maintain optimum wellness
- Integration of Mind, Body & Spirit

1. HEALTHY AGEING: A way to maintain wellness for any age. for health professionals

This workshop is designed to assist both the therapist and the client with current Wellness theory and practices in Positive Ageing and Spirituality.

Part of the Healthy Ageing workshop is an adaptation from the Wellness model developed by psychologists Dr J. Myers & Dr T. Sweeney, University of North Carolina USA. This research model provides a combination of factors to enable choices that improves lifestyle.

This model can easily be adapted and used with clients.

What you will get out of the workshop

- Information & tools to target specific health, fitness, emotional, and psychological needs.
- Ways to support & maintain lifestyle changes.
- State-of-the-art psychological techniques to assist clients to stay happy as they age.

The Workshop will cover

- Breakdown of Wellness Model (University of Florida, University of North Carolina USA.) and workbook
- Identify key areas for change
- Ways to maintain optimal wellness
- Integration of mind, body & spirit
- Supportive techniques to use with clients

2. S-PIRITUALITY & S-AGEING: for health professionals & the general public

There are no specific religious models that are used in this workshop as it draws on a synthesis of Indigenous wisdom, both eastern and western spiritual beliefs; such as Buddhism, Christianity and Judaism (Kabbalah).

There are no specific religious models that are used in this workshop as it draws on a synthesis of Indigenous wisdom, both eastern and western spiritual beliefs; such as Buddhism, Christianity and Judaism (Kabbalah).

This workshop is designed for therapists or individuals of any spiritual belief who may be:

- Searching for meaning
- Healing from trauma or crisis
- Looking for positive transformative tools
- Dealing with health issues
- Simply wanting to expand spiritual, self awareness and creativity.

What you will get out of the workshop

- Cultivate a sense of peace and tranquility through visual exercises.
- Understanding ritual to expand joyousness & celebration of simple daily activity.
- Techniques to assist the individual to let go of past regrets or loss.

The Workshop will cover

- Radical Forgiveness
- Meditation & Self-hypnosis
- Mitzvah therapy
- How to create passion in life
- Expand creativity

Workshop Overview

- Exploring the interconnectedness of spirituality and balance in everyday life.
- Identifying life crisis points and key areas for change.
- Finding ways to maintain optimal wellness through the integration of Mind, Body & Spirit.
- Supportive techniques to use with yourself or for therapists working with clients.

3. POSITIVE(ANTI)- AGEING AND MENOPAUSE: for health professionals & the general public

Jo-Anne and Esmé who are both in their 50's have designed this workshop to utilise their experience and current research as a way of assisting women to become more empowered, to make informative decisions to stay young, healthy and active as they age.

Clear information will be provided to understand hormonal changes and the options of natural and synthetic HRT treatments. The areas of emotional, psychological and physical adjustment, that might need to be taken, plus how to kick start your healthy lifestyle.

The Workshop will cover

- Hormones and the endocrine system
- Peri-menopause & menopause
- Nutrition & lifestyle influences
- HRT, (blended medications) Troches (alternative HRT), DHEA
- Yoga postures to assist hormonal balance
- Libido

Workshop Overview

- Physical & psychological changes as women age
- Hormones
- Helpful nutrition & lifestyle information
- Libido & sexual response
- Yoga, meditation and self relaxation