

Inspiring Community Learning Presentation Series 2018-2019

Following on from the great success of our Gold Coast program in 2017 / 2018 CoUM is pleased to announce that we will be continuing to bring our unique presentations to the Gold Coast community and look forward to hosting 20 health and well-being presentations at the Robina Community Centre.

Anxiety | Is it Affecting My Everyday Life?

Symptoms of anxiety can be experienced by all and not limited to those with a diagnosed anxiety disorder. This talk will explore anxiety and what we can do to reduce anxiety.

Presented by Tanya Curtis
Monday, 23rd July 2018
11:30am-1:00pm

Express Yourself | Confidence and Communication

Do you ever not say what you really want to say? ...doubt your words ... worry about what people think? Let's explore a way of expressing & include practical take home tools.

Presented by Deborah McBride
Saturday, 11th August 2018
11:00am-12:30pm

Health Care Begins Before Illness

What if health care began before symptoms, and wellness was understood to be a dynamic process of becoming aware of your body and its changes and from there making proactive choices.

Presented by Francisco Clara
and Anne Mallatt
Tuesday, 11th September 2018
6:00pm-7:30pm

Men's Health | Body Image, an Epidemic for Young Men

What pressure does society put on men to eat big and to be strong? And what cost are they prepared to pay to live up to this?

Presented by James Stanfield,
Matt Paul and Michael Serafin
Saturday, 15th September 2018
11:00am-12:30pm



Parenting

Support your children to build a foundation that allows them to grow into being connected, independent, and responsible teenagers and adults.

Presented by Tanya Curtis
Monday, 17th September 2018
11:00am-12:30pm

Sleep & Exhaustion | Do We 'Just' Get Through the Day?

Explore what is disrupting this restorative time for the body and learn practical tools that support deep rest and rejuvenation.

Presented by Zoe Sherrin
and Jenny Ellis
Saturday, 22nd September 2018
11:00am-12:30pm

Technology and Interactive Platforms | How Do They Impact Our Lives?

There is a way to engage with technology and interactive platforms that can support us and our well-being. Let's look at what gets in the way.

Presented by Simon Asquith
and Rebecca Asquith
Saturday, 13th October 2018
11:00am-12:30pm

Women's Health | Self Love vs Getting That To Do List Done

Supporting women to understand the psychological blocks to self-love vs getting your to-do list done, and how this is impacting your health.

Presented by Jenny Ellis
and Caroline Raphael
Tuesday, 23rd October 2018
6:00pm-7:30pm

series continues on reverse side >>

LOCATION

All presentations will be held at:

**Robina Community Centre
Meeting ROOM 1.2**
196 Robina Town Centre Drive
Robina QLD

BOOKINGS

To attend a presentation
please RSVP online at
coun.org/events

For further information
email gc-events@coun.org

CoUM's presentations and workshops explore key areas relating to our health and well-being. Attendance is free and everyone is welcome.

Social Media for Elders

Whether we like it or not, age is no barrier to social media. Let's explore this major pathway for all of us to connect with people.

Presented by Beverly Croft and Anna McCormack
Saturday, 3rd November 2018
11:00am-12.30pm



Men and Expression | the Physical Affects of Holding Back in the Body

1 in 8 men will experience depression in their lives. We will discuss how opening up and expressing can play a vital role in both men's physical and mental health.

Presented by Adam Warburton
Tuesday, 13th November 2018
6:00pm-7:30pm

Expression Comes from the Whole Body

What if our communication and expression comes from our whole body and not just parts of it. Let's explore & develop take home tools.

Presented by Victoria Warburton
Saturday, 24th November 2018
11:00am-12.30pm

Money and Anxiety | Having a Different Relationship with Money

Explore and apply practical tools to support the understanding of your relationship with money. Taking care of you and your finances.

Presented by Susan Scully and Tanya Curtis
Saturday, 1st December 2018
11:00am-12:30pm

Chronic Diseases | How to Feel Self Empowered When You Are Ill

Discuss and understand the incidence and impact of chronic disease on our community and explore the principles of self care as a way of living empowered.

Presented by Dr Jane Barker MD and Elizabeth Dolan
Saturday, 2nd February 2019
11:00am-12.30pm

You, Your Life and Your Affairs

Could it be that bringing more order to our affairs could support our health and well-being? Let's fine tune our relationship with documents and systems.

Presented by Susan Scully and Serryn O'Regan
Saturday, 16th February 2019
11:00am-12.30pm

Dealing with Addictions

We use addictions for many reasons and in many different ways. But what drives addiction? Learn how to understand addiction from a healing perspective.

Presented by Jenny McGee, Deb McBride and Mary Louise Myers
Tuesday, 19th February 2019
6:00pm-7:30pm



Women's Health

Why are we exhausted, struggling to keep up and unwell within ourselves? Let's explore what's going on and how we can live differently.

Presented by Josephine Bell and Rachael Evans
Saturday, 23rd February 2019
11:00am-12.30pm

Linked In | What is it and How Can it Be Used?

Why not share YOU with the world? Explore how to share you beyond just the 'story' and discover the many reasons for using this social media platform.

Presented by Heather Pope
Saturday, 27th April 2019
11:00am-12.30pm

Parenting for Social Media

Eeek... are you ripping your hair out trying to understand the many facets of parenting including this new medium-Social Media? Discuss, explore and take home sanity tools.

Presented by Rachel Hall
Saturday, 11th May 2019
11:00am-12.30pm

Hello World | Marketing Yourself

We all have a unique way to see and contribute to the world but often we find it hard to express that when needing to market ourselves. Learn how.

Presented by Deb McBride and Susan Scully
Saturday, 15th June 2019
11:00am-12.30pm

LOCATION

All presentations will be held at:

**Robina Community Centre
Meeting ROOM 1.2**
196 Robina Town Centre Drive
Robina QLD

BOOKINGS

To attend a presentation please RSVP online at coulm.org/events

For further information email gc-events@coulm.org



phone 0428 662 063

coulm.org/events