



DAY 1

ANNUAL WELLBEING WEEKEND

FRIDAY, 27
SEPTEMBER



19:30-20:30	Arrival and Registration
20:30-21:00	Welcome Address & Intention Setting
21:00 onwards	Borrel and Games



DAY 2

ANNUAL WELLBEING WEEKEND

SATURDAY, 28
SEPTEMBER

09:00-10:00	Breakfast
10:00 - 11:00	Story Sharing I: Leading with Courage & Authenticity in Challenging Times Osai Ojigho
11:00-12:00	Story Sharing II: Navigating Life's Transitions Mary Paul Mueni
12:00-12:15	Coffee/Tea
12:15-12:35	AI & Human Connection Tumelo Setlaba
12:35-13:30	Panel Discussion with Margriet Krijtenburg Cultivating Healthy Relationships and Authentic Friendships
13:30-15:00	Lunch Break
15:00-18:30 *	Nature Walk/Reflection Time Meditation (Optional): 17:30 - 18:00 *
18:30-19:15	Dinner
19:15-21:00	Workshop Focus on process with Soap Making
21:00	Relax and Drinks



DAY 3

ANNUAL WELLBEING WEEKEND

SUNDAY, 29 SEPTEMBER



09:15-10:00 *	Breakfast	Meditation (Optional): 8:00 - 8:30 *
10:00-11:30 *	Arrival of Families + Coffee	H.Mass (Optional): 10:00 - 11:00 *
11:30-13:00	Presentation Nonviolent Communication by Gabriella Buirma-Rieu	
13:00-14:00	Lunch	
14:00-16:00	Workshop Connecting Communication by Gabriella Buirma-Rieu	
16:00-17:00	Take Aways, Closure	

On Day 3: Husbands/partners and kids from 15 years are welcome to join the sessions.

Plus there is a possibility for daycare (at an additional cost):
 Group 1: children 0-4
 Group 2: children 4-8
 Group 3: children 8-13

