

NSW
**Women's
Health Expo**



Workshop Program

Introduction to Emotional Freedom Techniques (EFT) aka: Tapping - what it is, how it can benefit and a demonstration on how it works and Q&A

EFT (Emotional Freedom Techniques) is a simple tapping technique that is used widely as both a self-help tool and therapeutic treatment option to help reduce and often eliminate emotional and physical discomfort.

EFT is one of the new Power Therapies, also known as 'Energy Psychology' which are developed from the ancient Chinese meridian energy system – it is a form of emotional acupuncture without the needles combined with modern day talk therapy that is totally peer to peer and client focused.

EFT is a method for safely releasing unwanted negative or painful, emotions, thoughts, and feelings such as sadness, fear, anxiety, anger, guilt, shame, hurt, grief, bitterness etc. EFT relieves the emotional intensity associated with anxiety, fears, phobias and is used to “neutralize” unpleasant or traumatic memories.

EFT is "one of the most successful psychology self-help techniques ever developed".



Trudi Ross

[Trudi Ross](#) is an actor and comedian who was introduced to EFT/Tapping off the back of a bad Stand-up Comedy Act about 10 years ago.

This incident manifested into a high level of anxiety around stage performance and walking away felt her only option.

Trudi was so blown away by her first EFT experience, it helped her get straight back into her work and thrive. This was the start of her journey to healing her adverse childhood experiences and she now uses it today to manage adult negative events that arise, in addition to helping her achieve her goals.

This energy healing modality that has been penned as the fourth wave of psychology combining ancient Chinese medicine with modern-day talk therapy has helped her on so many levels. So much so she signed up to train through EFT Universe in the US and is now clinically trained to help others.

Whilst still acting and performing - EFT/Tapping is also now a major part of her preparation for her work, film or “tool kit” before stage. In addition to any life event good or bad this modality can aid with. She will introduce this technique, explain how it can be a powerful self-help tool and walk you through the benefits of working with a trained practitioner with a demonstration on how it works.

Empowering women with self-care

This workshop is designed to inform and empower women to manage their health and wellbeing through self-care. We will explore the impacts of social conditioning that influence how we live, how to set healthy boundaries and develop a personalised plan for living your best life.

Marianne Hynes

Marianne is a purpose-driven leader, business owner, transformational coach and facilitator who brings a whole person approach to igniting potential.

Marianne's passion for empowering women came through her own career challenges and life experiences. Having lost her first husband suddenly at age 35 and then while coming to terms with the impact of his death, her younger sister was diagnosed with cancer and subsequently passed away four years later. It was here Marianne learnt how short life could be and the importance of health and living a fulfilling life.



After developing an autoimmune disease in 2018, Marianne left her successful corporate career of 20+ years to support her health and wellbeing and follow her passion. This led her to launch a [human potential company](#) that empowers women by providing the support and tools needed to live thriving and fulfilling lives.

Marianne holds a Bachelor of Behavioral Studies (Psychology) and has studied Neuro Leadership, Transformational Learning, Coaching and Facilitation. Insights from Marianne's studies have further fueled her passion for people and living a fulfilling life.

Pilates Flow

Get ready to strengthen and lengthen your muscles through a challenging series of exercises that incorporate functional movement patterns to strengthen, tone, firm and balance your body, improve posture and prevent injury, while giving you a solid burn.

Yoga Flow

A gentle relaxing yoga flow, designed to decompress the nervous system, as well as release tension from the physical body. Through 30 minutes, we will stretch, breathe, move and flow our way to a feeling of bliss.



Charlotte Irons

Charlotte is a yoga and pilates instructor, teaching across Sydney for the last 8 years.

She is also the founder and pre + post natal exercise specialist at [SheGlowsCo](#): a holistic Mumma movement brand designed to help mums feel stronger, calmer and more energised throughout their motherhood journey.

Charlotte has always loved movement, from dancing at a young age to falling in love with yoga in her mid-20s. Soon after discovering yoga, and under the guidance of LA teacher Noah Maze, she ditched her corporate career in marketing and became a yoga teacher.

Charlotte has since studied Vinyasa, Hatha, Yin, Tantra, and Meditation with some incredible international and local Australian teachers: Noelle Connolly, Simon Park, Sarah Owen, and Yogarupa Rod Stryker.

After teaching across Sydney, she then obtained her cert IV in Pilates, where she currently teaches at her local BodyMindLife studio in Bondi. Charlotte truly believes that when you combine both yoga and pilates together, you have a holistic approach to movement that creates flexibility, strength, and tone in the body while also creating a steadiness of mind we can carry into our daily lives.

In all of her classes, Charlotte focuses on form and alignment, while taking you through a flow that is dynamic, challenging, and most importantly fun. Charlotte says movement should never feel like a chore and that making it part of our daily lives along with meditation is the key to both our physical and mental wellbeing.

Calm in Chaos

We're living in difficult times. Even pre-pandemic the challenges of the modern-day world were creating levels of anxiety, depression and mental 'unwellness' not previously seen. But 2020/21 have added whole extra layers of stress.

But what is stress exactly? How does it impact us? And what can we do about it? This workshop will provide you with practical insights into stress and tools to find calm even in difficult times.

Move your body & calm your mind

This 45-minute session incorporating some gentle, mindful movement, breathwork and meditation will have you start your day well! Suitable for all ages, levels and abilities Mandy Scotney will guide you through a practice to help you relax, find calm and feel great.

Mandy Scotney

An engaging facilitator and presenter, Mandy brings a unique and diverse skill set and broad depth of experience from many years of business leadership.

In her corporate career Mandy rose to the role of CEO, successfully managed a number of startups and acquisitions, and led businesses through significant periods of change - all while juggling the challenges and joys of single-parenting her now grown-up daughter.

Alongside her business qualifications and experience, Mandy has completed a Masters of Counselling and Psychotherapy, and is also a yoga, breathwork, mindfulness and meditation teacher which brings incredible richness to her facilitation.

Now the founder and CEO of [Third Collective](#) - a boutique Employee Assistance Program provider, dedicated to supporting organisations to cultivate resilient minds, meaningful relationships and fulfilled lives through EAP and mental-health education programs. Mandy draws on her broad range of experience and expertise to help individuals, teams and businesses release stress and feel better with a refreshing, 'no-nonsense' approach to mental-health education.



Perpetual Renewal – Detoxification, Purification and Rejuvenation

Focus on the tools and practices of rejuvenation and renewal and identify and eliminate toxins that accumulate in the mind and body.

Learn gentle rejuvenating practices, holistic techniques to relieve stress and anxiety and the secrets to restful sleep and chart a personal daily routine for balance and health.

The Five Gateways to the Inner Pharmacy – Metabolising Sensory Experiences

Delve into the healing power of the five senses: sound, touch, sight, taste, and smell. You will learn how to strengthen the body's inner power by using specific tools involving each of the senses to heal, nourish and balance your mind-body for optimum health.



Serena Mulder

[Serena Mulder](#) (nee Parry) is one of the only Deepak Chopra certified instructors in Australia who has been personally trained by Deepak Chopra. She has also gone on to study the highest level of Ayurvedic study in Australia and is a qualified Yoga and Meditation teacher. She has been mentored by some of the best health and wellness experts in the world.

She gained her certifications so she could help other people realise the full potential of their bodies healing powers for optimum health after she overcame multiple health issues herself following mind/body principles.

As a certified Chopra holistic health coach, she has helped and educated thousands of people in Australia and all over the world through online platforms, in person training and speaking on stage. She has worked with QLD Government and local councils and other community groups for the last 6 years supporting women with their health on topics such as gut health, stress, sleep, hormones and energy.

She's best known for helping people become healthier and create long-term, sustainable lifestyle programs to give them back control of their health and empower them to have the confidence to heal themselves.

Wet Felting – Meditation in Motion

Wet felting is a centuries old method of creating fabric using wool fibres, warm soapy water and muscle power.

Wet felting is a unique craft in its ability to involve many different areas of your brain. It stimulates and exercises the creative side, works your attention span while involving your visuospatial processing, problem-solving abilities and generates a fulfilling and rewarding sensation.

Not only is wet felting a beautiful, creative and rewarding craft, it turns out researchers are proving what crafters have known for a long time, that pursuits like wet felting are also very beneficial to mental wellbeing.

Susan Shing

[Susan](#) spent a large part of her career working in corporate transformation and change initiatives and has now pivoted into a creative chapter in her life, applying that 'change and transformation focus' into arts and crafts.

Wet felting is an ideal medium for that.

She is an extremely passionate wet felter from the moment she was introduced to this beautiful, creative craft and has and is exploring many different techniques with various tutors.



In particular, the unstructured, organic nature of felting - the way you take simple unrelated things like wool, silk fibres, fabrics and other embellishments and using a bit of soap and water, imagination and physical agitation, transform these into amazing creations, each one unique.

Supercharge your gut

If you're looking to further your insight into all things gut health and want to learn how to maintain your body's most influential part, come along and hear Lee Holmes from Supercharged Food talk about how to Supercharge Your Gut for life.

If you've ever wondered why you're constantly getting sick, why you can't keep the weight off, why you struggle to sleep, why your thyroid and hormones are totally out of whack then your questions are about to be answered!

Optimising your gut health can improve your immune system, keep your weight at bay, fix your sleeping patterns, level out your thyroid and get those hormones finally under control. Once you're able to take hold of your gut health, who knows what else you can achieve?



Lee Holmes

If you've ever seen the movie Julie and Julia - that's been me for the past few years! In between working and raising my daughter, I've been cooking up a storm in my kitchen and testing the recipes out on a constant stream of friends, visitors and relatives.

The whole experience has brought so many people together and my kitchen has not only become a central hub of activity, mayhem, experimentation and tantalising aromas but also a place of comfort, reflection, accomplishment - a metaphor for everyday life.

As an Accredited Clinical Nutritionist (Adv. Diploma of Clinical Nutrition), (Adv. Diploma Integrative Nutritional Therapeutics) from Naturecare College and a wholefoods chef and yoga and meditation teacher, I see a lot of people every day who are stuck in a diet rut.

I think that once you make the mental shift and decide that it's not about weight loss and it's more about optimum health your body will respond naturally. Making positive nutritious food choices and having the desire within you to change your life for the better is the first step. [Book a Nutritional Consultation with me.](#)