

RESILIENT MINDS

Navigating Anxiety

Event Schedule:



1

Day

2

Day

Child & Parent Experience: 9am – 3.30pm Saturday, 18 May 2024

Parents Only Experience: 9am – 1pm Sunday, 19 May 2024

Venue:

Tahatai Primary School
45 Evans Road, Papamoa Beach, Tauranga, 3118

A Transformative Family Experience!

Embark on a meaningful journey with your child to learn how to navigate anxiety and build resilience in our bespoke retreat. Here, we blend practical psychology with the transformative power of energy work, creating a space where your family can navigate challenges smoothly and emerge stronger together. Empower your child with the opportunity to navigate anxiety, paving the way for a future filled with confidence and resilience.

Discover a Day of Transformation for both you and your child.

You have the option to participate in the 'Child & Parent Experience' on Day 1 (most popular) or choose the 'Parents Only Experience' on Day 2. Alternatively, you're welcome to join us for both days!

Retreat Features:


Expert-Led Sessions: Engage with an experienced psychologist and a skilled energy healer who both bring a wealth of knowledge and practical expertise to address anxiety on multiple levels. With thousands of hours of client experience under our belt, we have a thorough understanding of the complexities we face. Our innovative approach is tailored to transform fear, anxiety, and doubt into excitement, joy, and purpose, guiding you towards a more fulfilling journey.

Interactive Parent-Child Dynamics: Strengthen your familial bonds through purposeful activities that enhance communication, understanding, and mutual support. Parents and young people will understand their worth and responses in various situations – recognising that they have the power in choosing how to respond to life's diverse experiences, both expected and unexpected.

Holistic Approach: Explore a blend of mainstream psychological strategies, energy work techniques and wairua/spiritual well-being approaches, providing a comprehensive toolkit for managing anxiety.

Energy Healing Tools: Experience firsthand the transformative power of energy work, offering a safe and effective alternative perspective on stress and anxiety management.

Psychological Education and Tools: Empowering your family with the tools and knowledge to understand and manage anxiety as a team, fostering resilience and well-being. Aiming to break down stigmas associated with anxiety, promoting a more informed and compassionate approach.

 **Limited Spaces Available!** Secure Your Journey to Resilient Minds and join us for a full energy reset experience, where both you and your child can emerge with renewed vigour and sense of worth, ready to face life's adventures with confidence and enthusiasm.

For inquiries and additional information, contact us at:

Anton van Dyk

Phone: 0223 515 984

Email: anton@futures.nz

Penny Green

Phone: 021 075 8265



REGISTRATION FORM



Participants:

Parents and Children aged between 5-11



Weekend Retreat Cost:



DAY 1 Child & Parent Experience:

\$390 per (x1) Child and (x1) Parent combo.

Additional participant cost applies: \$80 per extra participant.

10% Discount for 2 Adults and 2 Children combo: \$495

DAY 2 Parents Only Experience: Parent only content from Day 1

\$ 195 per Parents/Caregivers combo.

Additional participant cost applies: \$80 per extra participant.

FULL WEEKEND Experience (DAY 1 & 2 combined): Discounted Rate

\$ 495 per (x1) Child and (x1) Parent combo (Day 1) and Parents (Day 2).

Additional participant cost applies: \$80 per extra participant.



Please Note:

This day retreat is not an accredited workshop.

Travel and Accommodation excluded.



Food:

Some light (morning) catering only due to variety of dietary requirements.

Parents, please ensure that you both have packed lunch and afternoon snacks for both days.

One registration form per Family Experience – please complete and email to anton@futures.nz.

By completing and lodging this registration form, you acknowledge that you have read and understood our terms of trade attached.

Full Name of Parent(s) Attending		
Full Name of Child Attending		
Full Name of Child Attending (Please refer to additional fee \$80)		
Signature (required)		
Organisation (if applicable)		
Email address		
Contact phone number		
Date of the Retreat you are attending		

- Please indicate Cost Option:
- Day 1: Standard Child and Parent Experience: \$390
- Three Person Experience: \$470
- Family of 4 Experience: \$495 (10% discounted rate)
- Day 2: Standard Parents/Caregivers Experience: \$195
- Full Weekend Experience – Both Days: One Child and One Parent (Day 1),
Parents/caregivers (Day2): \$495 (15% discounted rate)

Payment required via Internet Banking:

Please make payment within 7 days of invoice being received, using your full name and “Resilient Minds” as reference, as well as “Date of Retreat” as Code to -

Account: VDH Psych Ltd ANZ 06-0541-0477127-00

If you wish to discuss payment OR for range of alternative payment options, please feel free to contact us to discuss the most suitable solution for you.



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DAY RETREAT

Hosted by

Penny Green (Distant Healings)
Anton van Dyk (Futures)



"When little people experience big emotions, it is our job as adults to share our calm in their moment of chaos...not join in it"

EARLY MORNING SESSION
(Joint Session) 9.00-10.30AM

- **MINDFUL STARTERS: Introduction and Foundation Building**
- Including Interactive Relationship building activities: Guest

LATE MORNING SESSION
(Split Session) 10.30-11:30am
(Joint) 11:30-12:00pm

- **'NAVIGATORS OF CHANGE':** Parents' Session (Anton van Dyk)
- **'EXPLORERS OF EMOTIONS':** Kids' Session (Penny Green)
- Joint Reflections

LUNCH
12.00-12.30PM

- LUNCHBREAK

EARLY AFTERNOON SESSION
(Split Session) 12.30-1:30pm
(Joint) 1:30-2:00pm

- **'NAVIGATORS OF CHANGE':** Parents' Session (Penny Green)
- **'EXPLORERS OF EMOTIONS':** Kids' Session (Anton van Dyk)
- Joint Reflections

FINAL LATE AFTERNOON SESSION
(Joint Session) 2.00-3.30/4.00PM

- **PATHFINDERS:** Building family resilience and confidence together
- **Practical Application and Closure**

If I sprain my ankle, chances are you will know what to do. If I have a panic attack, chances are you won't.

Navigators of Change

Understanding Child Anxiety, Resilience and Energy: Educational session about the signs, symptoms, and impacts of anxiety in children. Focusing on identifying emotions and expressing them healthily.

Effective Communication Strategies: How to talk to kids about anxiety.
LAW OF EXPECTATIONS

Support Techniques: Provide parents with techniques and tools to support their anxious child, including stress management and creating a positive home environment. How to guide.

Explores of Emotions

Expressive Arts Activities: Resilience and Anxiety

Understanding My Feelings: Interactive session teaching kids to recognize and articulate their emotions, their energies and general mood.

Fun Anxiety Management Techniques: Teach kids simple anxiety management techniques through games and playful exercises.



Explorers of Emotions

Mindfulness and Relaxation / De-arousal Techniques: Teach children simple mindfulness exercises, relaxation and energy settling techniques.

Group Discussion and Story Sharing: Facilitate a group discussion where kids can share experiences and learn from each other in a guided, safe environment. Recognising anxiety in children.

Navigators of Change

Creating a Supportive Environment at Home: Educate parents on creating a nurturing and stress-free home. Gatekeeper of our own energy.

Parental Self-Care: Stress the importance of parental self-care and its impact on children.

Energy reset strategies

Pathfinders

Family Bonding Activity: Joint parent-child activity focused on strengthening communication and understanding. Upholding each others worth and mana at all times.

Developing Coping Strategies: Group discussion and interactive session on developing personalized coping strategies for managing anxiety.

Building a Resilient Mindset: Group Reflection and Sharing: A joint session where a few parents and kids can voluntarily share what they learned or found helpful. Techniques for fostering resilience and positive thinking in both kids and parents.



TERMS OF TRADE



1. Registration and payment

- 1.1 You must return a completed (and signed) registration form for each person who wishes to attend a seminar, workshop, retreat, training or conference ("**Event**"). Unless we agree otherwise, the registration fee is payable in full at the time you receive your invoice.

2. Changes to registration, cancellations and non-attendances

- 2.1 You may cancel your registration for an Event if we are notified 7 days prior to the event and will receive a full refund of the registration fee.
- 2.2 If you need to cancel your registration within the 7 days immediately preceding the date of the Event, you must notify us in writing at least 24 hours before the date of the Event. If we receive such notification of cancellation, we will provide you with a 50% refund of the registration fee or you can choose a full credit that you can apply towards any of our future Events. No refunds or credits are available if you cancel within 24 hours of the date of the Event or if you fail to attend on the day.
- 2.3 If you cannot attend an Event you can transfer your registration to another person. However, you must notify us of this transfer and the person taking your place must complete a registration form and submit that form to us at least 48 hours before date of the Event.

3. Speaker changes

- 3.1 If an advertised speaker cannot attend an Event we reserve the right to engage a replacement speaker.
- 3.2 We also reserves the right to make any amendments that we may deem to be in the best interest of the Event. This is however very unlikely.
- 3.3 All registered attendees will be notified of any of these changes prior to the date of the Event.

4. Cancellation

- 4.1 In the very unlikely event, but if we need to cancel or postpone an Event for any reason, we will reschedule the Event (where possible).
- 4.2 We will offer a full refund of the registration fee for those who have paid and who cannot attend on the new date; or attendees will be offered a credit on future events. This has to be used within 12 months of the cancellation date.
- 4.3 All refunds must be requested in writing to anton@futures.nz and clearly identify who the refund payment is to be made out to. We accept no responsibility for any other costs incurred by attendees as a result of an Event cancellation.

5. Disclaimer

- 5.1 Futures and Distant Healings, are not responsible for the reliability and validity of the information given by any guest speakers, nor do we do not necessarily endorse the views expressed by the speakers during an Event or in any of the handout or notes provided. The information and professional advice delivered at an Event and the associated printed material is provided solely on the basis that before relying on this material, attendees should obtain appropriate advice relevant to their particular circumstance to evaluate its accuracy, currency, completeness and relevance for their purposes. We do endeavour however to ensure speakers are vetted to to the best of our ability prior to an Event.
- 5.2 Futures and Distant Healings will not be liable for any damages of any kind to any person or entity arising from the use of this information. Your attendance at our Events reflects your acceptance of this statement.

6. Copyright

- 6.1 Except where stated, the information provided at an Event and any materials or hand outs are the copyright of the facilitators.
- 6.2 The material protected by copyright may be reproduced for personal or in-house use without formal permission or charge. You may not tape, record or video an Event unless permission has been expressly given at the beginning of the Event or you have the written permission of the speaker.
- 6.3 Information must not be used in a commercial context unless written permission has been given by the copyright owner. Requests and enquiries concerning the reproduction of information for any purpose other than personal or in-house use should be directed to anton@futures.nz

7. Privacy and Confidentiality policy

- 7.1 Where you provide personal information we will only use that information to communicate with you. We will keep any such information secure and will not disclose it to any third parties.
- 7.2 The psychological service provided is bound by the legal requirements of the Privacy Act 1993 and the Health Information Privacy Code 1994.
- 7.3 All personal information gathered by the psychologist during the provision of professional services will remain confidential and secure in line with the NZPS ethical guidelines and the Privacy Act except when:
 - The information is subpoenaed by a court, or warrant, or
 - Failure to disclose the information would place you or someone else at risk. *You understand that you can withdraw your consent to release information to any service at any time.*
- 7.4 The results of any research or evaluations will not be published in a form that could reasonably be expected to identify any individual, so your confidentiality will be maintained.

8. Questions / concerns

- 8.1 If you have any questions regarding these terms of trade or any of our Events, or other queries or concerns please contact anton@futures.nz