



# 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: Have You Found Your 'Magis'? Genevieve Desouza
11:00-11:15	Coffee/Tea Break
11:15-12:45	Story Sharing II: Navigating Life's Transitions Mary Paul Mueni
12:45-13:30	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 <div style="border: 1px solid black; padding: 2px; display: inline-block; margin-top: 5px;">Meditation (Optional): 17:30 - 18:00 *</div>
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 *	<p style="text-align: center;"><b>Breakfast</b></p> <p style="text-align: right; background-color: #f96; padding: 5px;">Meditation (Optional): 8:00 - 8:30 *</p>
10:00-11:30 *	<p style="text-align: center;"><b>Arrival of Families + Coffee</b></p> <p style="text-align: right; background-color: #f96; padding: 5px;">H.Mass (Optional): 10:00 - 11:00 *</p>
11:30-13:00	<p style="text-align: center;"><b>Presentation</b> <b>Nonviolent Communication by Gabriella Buirma-Rieu</b></p>
13:00-14:00	<p style="text-align: center;"><b>Lunch</b></p>
14:00-16:00	<p style="text-align: center;"><b>Workshop</b> <b>Connecting Communication by Gabriella Buirma-Rieu</b></p>
16:00-17:00	<p style="text-align: center;"><b>Take Aways, Closure</b></p>

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

