

# BEHAVIOUR AND COMMUNICATION MAGIC

## EVENT SCHEDULE



TIME	DETAILS	FACILITATOR
09:30 - 09:40	Welcome & introduction	Rob Verkerk PhD
09:40 - 09:50	Scene setting: the nature of being human	Rob Verkerk PhD
09:50 - 10:10	Our human continuum and the conditions needed to flourish	Meleni Aldridge
10:10 - 10:25	The blueprint of divide and conquer and how to overcome it for successful collaboration	David Charalambous
10:25 - 10:30	Energy break	Rob Verkerk PhD
10:30 - 10:50	Empowering our lives - re-writing our story – group/breakout work	David Charalambous
10:50 - 11:05	How life can set your brain and body on fire – mapping resolutions	Meleni Aldridge
11:05 - 11:25	MORNING TEA BREAK (20 min)	
11:25 - 12:05	Take Back Control - a simple, powerful, practical and universal model for understanding behavioural science	David Charalambous
12:05 - 12:35	Mapping our behaviours - <i>experiential</i>	David Charalambous
12:35 - 12:50	How to release behavioural blocks	David Charalambous
12:50 - 13:15	How to get things done – squashing procrastination	David Charalambous
13:15 - 14:15	LUNCH (60 min)	
14:15 - 14:45	Supercharge your communication	David Charalambous
14:45 - 15:15	Successful communication in action exercises – group/breakout work	David Charalambous
15:15 - 15:35	AFTERNOON TEA BREAK (20 min)	
15:35 - 16:05	Designing messages that make a difference	David Charalambous
16:05 - 16:20	Bodily pathways and processes for healthy behaviours and effective communication	Rob Verkerk PhD
16:20 - 16:25	Energy break	Rob Verkerk PhD
16:25 - 16:40	Protocols for empowered and effective behaviour and communication	Rob Verkerk PhD
16:40 - 17:20	General Q&A	All
17:20 - 17:30	Putting it all together and take-homes (synthesis)	Rob Verkerk PhD
17:30 - 18:00	CLOSE AND NETWORKING (up to 30 mins)	