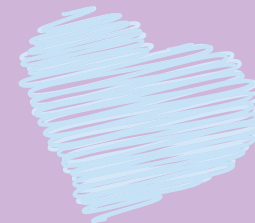




Stronger TOGETHER

Our Region Conference



THIS INTERNATIONAL WOMEN'S DAY WE INVITE YOU, OUR WONDERFUL VOLUNTEERS, TO JOIN US AT STRONGER TOGETHER, OUR FIRST EVER VIRTUAL REGION CONFERENCE.

Created with you in mind, the day will focus on supporting the health and wellbeing of our fantastic volunteers in the North West, without whom guiding wouldn't be possible. At a time when self-care is more important than ever, we hope you'll join us for a day of reflection and relaxation. Open to all North West volunteers aged 16 and over, our conference is full to the brim with sessions to promote wellbeing and relaxation, as well giving you the opportunity to hear from our region chief commissioners, Julie, Kathryn and Emma. We hope to see you there.

IMPORTANT INFORMATION

Date: 7 March 2021

Time: 10am to 3pm

Venue: Zoom (link to be provided upon booking)

Cost: Free

HOW TO BOOK

To reserve your place at the event, please complete the booking form here: <https://forms.gle/dgEpp7UcNx1dHp4C9>.

Volunteers under the age of 18 will also require a virtual guiding consent form, completed by a parent/carer, to be submitted to northwesthq@girlguidingnwe.org.uk by **Wednesday 3 March 2021**, in order to receive the Zoom link in advance of the day.

The form can be found on the event page on the region website, www.girlguidingnwe.org.uk.

The deadline for bookings is **Sunday 28 February. 2021.**

AGENDA

- 10:00am** Reflections of 2020 and Looking Forward to 2021 - An update from our Region Chief Commissioners
- 10.30am** Survival Kit for Zoom - Nicola Horsfield, Angela Ogden and Helen Humphreys, Region Trainers
- 11:00am** Intention Setting and Mindful Movement - Sally Eccleston, Wellness with Sally
- 11.30am** Positive Mindset - Jennifer Aughton, Aughton Hypnotherapy
- 12:00pm** Looking after your Mental Health - Ann Marie Steel, Girlguiding Cumbria North County Commissioner
- 12:45pm** Break
- 1:15pm** QiGong for Relaxation - Sarah Coulson, Halcyon Therapies
- 1:30pm** Introduction to Mindfulness and Mindful Meditation - Sarah Coulson, Halcyon Therapies
- 2:15pm** Facial Cleanse and Massage Masterclass - Jayne Burton-Sazo
- 3:00pm** Close