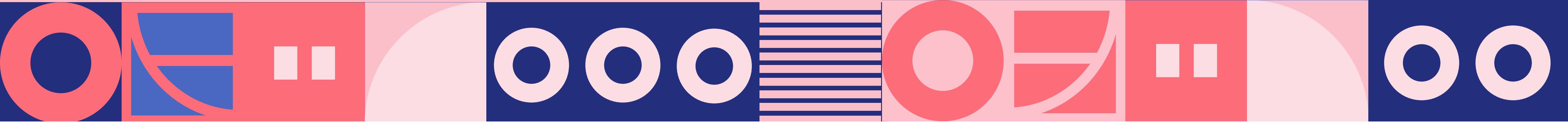


GROW U 2020

GROW U FESTIVAL SCHEDULE

50 SESSIONS | 15 - 19 NOVEMBER



Session Schedule	Day 1 - Nov 15, Sunday		Day 2 - Nov 16, Monday		Day 3 - Nov 17, Tuesday		Day 4 - Nov 18, Wednesday		Day 5 - Nov 19, Thursday	
	Session 1	Session 2	Session 1	Session 2	Session 1	Session 2	Session 1	Session 2	Session 1	Session 2
9am - 9:45am	Opening Session with Joshua Freedman									
10:00am - 11:00am	LEADERSHIP: Resilience Up - Joni Peddie	PARENTING: Parenting Through Big Emotions - Lize Rech	LEADERSHIP: Rumbling with Change in your Team - Alison Lalieu	PARENTING: Parenting Goals - Lata Singh	LEADERSHIP: Superwoman, Fact or Fiction? - Mucha Mlingo	PARENTING: Navigate Emotions in Parenting Different Ages - Lize Rech	LEADERSHIP: Inspiring Dispersed Teams - Alison Lalieu	PARENTING: Positive Parenting - Lata Singh	LEADERSHIP: The Woman Leaders's Conundrum: using EQ to Address it - Andrea Stone	PARENTING: Recognizing your Parenting Patterns - Lize Rech
11:30am - 12:30pm	WELLBEING: Sink or Swim through Adversity - Rasha Morechedy (ARABIC)	LEADERSHIP: Courage to Lead - Sharon Deal	WELLBEING: Leveraging "Bad" Emotions - Rasha Morechedy (ARABIC)	RELATIONSHIPS: Emotions of Change - Sharon Deal	PARENTING: Fostering a Grateful Heart - Sereen Abu Maizar (ARABIC)	LEADERSHIP: The Power of Purpose - Avril Kidd	WELLBEING: Gratitude - Dr Peter Hatherley-Greene	RELATIONSHIPS: Delighting Customers: Building Loyalty In Times Of Crisis - Mucha Mlingo	RELATIONSHIPS: The Power of Empathy in Overcoming Shame - Sharon Deal	LEADERSHIP: I am my Own Worst Enemy - Avril Kidd
1:00pm - 2:00pm	LEADERSHIP: EQ in Action - Sereen Abu Maizar (ARABIC)	RELATIONSHIPS: The Relationship with Self - Lize Rech	PARENTING: Raising Emotionally Aware Children - Sereen Abu Maizar (ARABIC)	WELLBEING: 5 Practical Ways to BOOST Your Resilience - Joni Peddie	LEADERSHIP: Is Emotional Mismanagement Sabotaging your Leadership? - Andrea Stone	WELLBEING: Chasing Happiness or Finding It? - Abdullah Velliu	RELATIONSHIPS: 3 EQ Steps to Strengthen Relationships - Joni Peddie	LEADERSHIP: Leading Inside Out - Dr Reem Bakheet (ARABIC)	LEADERSHIP: Emotions & Patterns of Vulnerability - Sharon Deal	PARENTING: Mind Purification - Dr Reem Bakheet (ARABIC)
2:30pm - 3:30pm	RELATIONSHIPS: 3 EQ Tools to Tackle Difficult Conversations - Andrea Stone	LEADERSHIP: Exploring & Managing Change - Dr Peter Hatherley-Greene	RELATIONSHIPS: Disrupt to Evolve, part 1 - Maia Barghout (ARABIC)	LEADERSHIP: Leading Teams During Adversity - Dr Peter Hatherley-Greene	RELATIONSHIPS: Disrupt to Evolve, part 2 - Maia Barghout (ARABIC)	WELLBEING: Regaining Balance in a VUCA World - Priyanka Tibrewala	LEADERSHIP: Building Trusting Relationship - Dr Yasmeeen Al Bulushi (ARABIC)	WELLBEING: The Antidote to Stress: Mindful EQ - Priyanka Tibrewala	WELLBEING: Sleep - The Swiss Army Knife of Wellbeing - Joni Peddie	LEADERSHIP: Resolving Conflict with EQ - Dr Yasmeeen Al Bulushi (ARABIC)
4:00pm - 5:00pm	WELLBEING: 5 Practical Ways to Set Up Your Wellbeing - Maria Jackson	PARENTING: Compassionate Communication for Parents - Fiorella Velarda	LEADERSHIP: Cracking the Extra Mile Code: Going Beyond Accountability - Stephanie Picheca	PARENTING: The Power of Animals - Dr Beth Offenbacher	LEADERSHIP: Finding your Mojo, part 1 - Daphne Bernicker	RELATIONSHIPS: Self-Trust and Breakthroughs: Using Trust to Empower Your Life - Yvette Bethnel	LEADERSHIP: Finding your Mojo, part 2 - Daphne Bernicker	RELATIONSHIPS: Collaboration, lessons from a choir - Stephanie Picheca	LEADERSHIP: Finding your Mojo, part 3 - Daphne Bernicker	WELLBEING: Three Steps to Mindfully Work WITH Your Emotions - Maria Jackson

 Wellbeing

 Parenting

 Relationships

 Leadership

• Schedule may be changed without prior notice