



Awaken



HOT TALKS – 16 MARCH 2024

Wellness conversations worth sharing

wellness centre meeting space

TIME	DETAILS
AN INTRODUCTION TO TRADITIONAL HEALING MODALITIES	
11.00am	Michelle Woolhouse <i>An introduction to traditional healing modalities</i> Introduction & facilitator
11.00am	Vicki Kotsirilos <i>Traditional Western medicine</i>
11.20am	Arama Mataora Toatoa <i>Traditional Maori medicine</i>
11.40am	Anne Warren <i>Traditional Aboriginal medicine</i>
12:00pm	Virginia Scarff <i>Traditional Chinese Medicine</i>
12.20pm	Dylan Smith <i>Traditional Indian Medicine (Ayurvedic)</i>
12:40pm	BREAK
WELLNESS PILLARS	
1:00pm	John Toomey Introduction & facilitator
1:00pm	Sharon Kolkka <i>Stress Less</i>
1:20pm	Freya Lawler <i>Achieving Total Wellness</i>
1.40pm	Stan Rodski <i>Introduction to Theta Sleep</i>
2:00pm	BREAK

TIME	DETAILS
WELLNESS COMMUNITIES	
2.30pm	Clive Dwyer Introduction & facilitator
2.30pm	John Toomey <i>Workplace Wellness</i>
3.15pm	Ben Anderson and Jamie Srubis <i>Urban Wellness Hotels</i>
3:45pm	Mohit Midha <i>Hoogly – A Digital platform changing communities</i>
4:05pm	Ben & Guy & Dan <i>Deep Well – Digital Wellness Community Platform</i>
4.25pm	Ben Bowler <i>Meeting the Dreaming – Mungo Man: exploring the nexus of land, water and community</i>
4:45pm	Josh Melnick <i>Revillaging Project – the story and vision of a local small scale Mornington Peninsula wellness community</i>



Contact us at info@peninsulahotsprings.com or +61 03 5950 8777



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Speaker profiles and hot talk topics Wellness conversations worth sharing

AN INTRODUCTION TO TRADITIONAL HEALING MODALITIES



Dr Michelle Woolhouse – Facilitator

Dr Michelle Woolhouse is a specialist integrative doctor, award winning podcaster and author of *The Wonder Within*. She holds post graduate qualifications in neuroscience, mind-body medicine and nutritional medicine.



Vicki Kotsirilos – Traditional Western Medicine

Professor Vicki Kotsirilos AM is a respected GP who has worked over 38 years in clinical practice. Dr Vicki works from a holistic integrative approach of using where possible non-drug approaches to treating diseases such as nutrition and lifestyle advice. Vicki is a popular keynote speaker, co-author of *A guide to Evidence-based Integrative and Complementary Medicine* and Founder of the *Australasian Integrative Medicine Association*.

HOT TALK TOPIC: Hippocrates (ca. 460–377 BCE) helped shape the foundations of modern medicine. The Hippocratic approach used rational and scientific approaches with a focus on lifestyle advice such as diet, exercise, rest, hygiene and sleep, and herbs to treat ailments.



Arama Mataora Toatoa – Traditional Maori Medicine

My name is Ārama Toatoa With 46 years of experience, I have dedicated myself to listening, observing, and understanding the needs of our ancestral traditions. I specialize in the Māori healing art-forms of Romiromi, Mirimiri, and Mahi Atua.

HOT TALK TOPIC: Through discussion, knowledge is gained, leading to understanding, wisdom, and ultimately, a more fulfilling life. I believe in the power of unity, as the saying goes, “He tangata he tangata he tangata.” We are all one people, and it is my mission to help individuals achieve healing and well-being.



Anne Warren – Traditional Aboriginal Medicine

Anne is a Midtung woman from NE Victoria and the Kosciusko region of NSW. Her language group is Ya-idt'midtung. Anne is an educator and healer in the true Spirit of her matriarchal lineage, a holder of Woman's Medicine for her country, and voice of Grandmother Ancestral Wisdom.

HOT TALK TOPIC: Traditionally, Ya-idt'midtung medicine includes forms of acupressure, medicines from the natural environment, psychotherapies, nutritional medicine, treatments including fire, water, mud, clays, peat, sand, crystals, rock, and specific plant foods, oils, tinctures and extracts. The greatest strength of Ya-idt'midtung medicine is in its holistic, preventative understandings and methods



Virginia Scarff – Traditional Chinese Medicine

Dr Virginia Scarff is a Chinese Medicine practitioner with more than 25 years experience and is focused on caring, understanding, and personalized patient care

HOT TALK TOPIC: The 5 Element theory and Ying & Yang. Virginia will take us through how Traditional Chinese Medicine (TCM) helps to find the bodies imbalances, treat and holistically enhance health & wellbeing. TCM is a holistic healthcare system that has evolved over thousands of years. Rooted in ancient philosophical concepts such as Yin-Yang and Qi, TCM emphasizes balance and harmony within the body. Its practices include acupuncture, herbal medicine, dietary therapy, and various forms of bodywork. TCM aims to restore and maintain health by addressing the underlying imbalances in the body's energy flow.





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Dylan Smith – Traditional Indian Medicine (Ayurvedig)

Dylan Smith, Ayurvedic Practitioner and holistic health educator, founded Vital Veda clinic in Australia. Collaborating with the renown Raju family, he uncovers root causes of ailments worldwide, promoting Vedic wisdom for total wellness.

HOT TALK TOPIC: The Sacred Science of Healing & Higher Consciousness: The holistic medical science of Ayurveda springs from laws of nature. Dylan reveals how to seamlessly integrate principles of Ayurveda that align you with nature's wisdom, in order to promote radiant well-being and bliss.

WELLNESS PILLARS



John Toomey – Facilitator

John Toomey is a widely recognised Wellbeing Thoughtleader, current Global Chair of the Global Wellbeing Institute's Workplace Wellbeing Initiative, author, prolific writer, podcaster, and speaker.



Sharon Kolkka – Stress Less

Sharon Kolkka's tenure as General Manager and Wellness Director at Gwinganna Lifestyle Retreat for 16 years, and previously as Wellness Program Director for Golden Door Health Retreat, she has positively influenced the wellbeing of tens of thousands of individuals.

HOT TALK TOPIC: Navigating the complexities of modern life often leaves us juggling countless tasks and responsibilities, while striving to maintain our mental, physical, and emotional equilibrium. The talk will delve into the art of stress resilience—a skilful integration of learned behaviours and practical tools designed to safeguard our well-being amidst life's demands. Our goal is not merely to endure, we should be able to thrive, fostering a state of vitality, mental clarity, and unwavering focus.



Freya Lawler – Achieving Total Wellness

HSc Naturopath, Nutritionist, & Natural Fertility Educator

HOT TALK TOPIC: Improve your health by understanding the bodies innate healing systems, learn about natural methods that support the intrinsic healing mechanisms of the human body. Feel inspired with practical wisdom to optimise your health & wellness.



Stan Rodski – Introduction to Theta Sleep

Dr Stan is a neuroscientist (ScD) and specialist in the areas of mindfulness and sleep. His most recent publication is 'The Neuroscience of Excellent Sleep' Harper Collins, 2023. He is a board member of the 'International Organisation of Neurosciences' and practiced as a psychologist for over 35 years.

HOT TALK TOPIC: Dr Stan will discuss the development of technologies to improve sleep using psychology combined neuroscience technologies he calls Theta Sleep. These technologies offer the ability to monitor and affect our brainwaves while we sleep so as to keep us in our 'ideal' circadian rhythm and stay asleep for the required 5x 90 min cycles.





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WELLNESS COMMUNITIES



Clive Dwyer – Facilitator

Chief Executive of Bathing Australia, working with operators, industry, and Government to promote hot springs, thermal bathing, wellness destinations, events and the experience economy. 38+ years' experience in international markets, stakeholder engagement, destination management, brand marketing, major events, business events, tourism, and the education sector.



John Toomey – Workplace Wellness

John Toomey is a widely recognised Wellbeing Thoughtleader, current Global Chair of the Global Wellness Institute's Workplace Wellbeing Initiative, author, prolific writer, podcaster, and speaker.

HOT TALK TOPIC: Mental Health challenges, like physical health challenges are generally afflictions that arise from a lack of preventative strategies. This session reveals how workplaces can become melting pots of mental wellbeing and happiness.



Ben Anderson & Jamie Srubis – Urban Wellness Hotels

Ben is the Founder and Managing Director of The Hotel & Wellness Co. (HT&WC). HT&WC has a 50/50 JV with Peninsula Hot Springs to develop and operate urban wellness hotels and venues. Jamie transitioned from investment banking to founding The Hotel & Wellness Co., transforming hotels and hospitality assets with an emphasis on urban wellness hotels and venues.

HOT TALK TOPIC: In partnership with Peninsula Hot Springs, Ben and Jamie are the couple behind Australia's first authentic thermal bathing and wellness hotel. You will learn the core pillars of a wellness hotel and what this means in a practical sense - both built form and operational aspects. Wellness in a hotel and urban context - hotel and spa vs. wellness hotel. Learn about the urban wellness hotel industry globally, big picture, trends, outlook. Transforming The Kinson hotel into Australia's first wellness hotel. Revealing PHS @ The Kinson for the first time – an exciting first glimpse into what's to come later this year!



Mohit Midha – Hoogly: A Digital platform changing communities

Mohit is a start-up founder, who has developed a digital platform aimed at improving social wellbeing by facilitating meaningful connections and belonging. Hoogly is used by companies to improve team culture and by wellness practitioners to build communities.

HOT TALK TOPIC: Hoogly - discover how this new digital platform is changing the rules of the game by helping teams and communities form deeper bonds based on openness, vulnerability and compassion. Get yourself a FREE trial.





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Ben Almagor – Deep Well

conscious businesses worldwide. Ben is a visionary passionate about seamlessly weaving heart-centered initiatives with operational excellence, promoting positive change in both digital and traditional realms. Based in Israel.

HOT TALK TOPIC: Deep Well - Digital Wellness Community Platform.



Dan Halperin – Deep Well

Full-stack, 10X developer dedicated to crafting solutions for a brighter digital future. Dan unites a global network of developers, collaborating to innovate and implement transformative technologies across multiple sectors. Based in Israel.

HOT TALK TOPIC: Deep Well - Digital Wellness Community Platform.



Guy Peleg – Deep Well

Conscious Entrepreneur designing innovative platforms for community co-creation and event production by merging creativity with practical application. Guy envisions a world where immersive experiences foster deep connections and unpredictable engagements. Based in Israel.

HOT TALK TOPIC: Deep Well - Digital Wellness Community Platform.



Ben Bowler – Mungo Man: exploring the nexus of land, water and community

Ben Bowler is the Executive Director of UNITY EARTH, a global network empowering solutions for unity, purpose and peace.

HOT TALK TOPIC: Meeting the Dreaming: Transformation and Healing in the 50th year anniversary of the discovery of Mungo Man. Exploring the stories of Lake Mungo, a nexus of land, water and community and what it means for modern Australia.



Josh Melnick – Revillaging Project

Josh Melnick is a father of three and along with his wife Narelle, co-founder of The Revillaging Project, a regenerative community hub on the Mornington Peninsula focused on exploring personal and planetary wellness.

HOT TALK TOPIC: Josh will discuss the story and vision of The Revillaging Project as it relates to local small scale wellness community building, alternative pathways in childhood education, and a hopeful future.

