

Table 1

	18th November - Basic	18th November - Advanced	19th November - Basic	19th November - Advanced	20th November - Basic	20th November - Advanced
3pm - 3.55pm	Lived Experience - Hope - Liliana Bellini and Susan Marmot will share a space with those who have accessed A Slice of Happiness service	Shaul Rosenblatt. Change, the Easy Way' How understanding creates deep and lasting change and our role is to sit and watch it happen.	A Slice of Happiness - Financial insecurity - Navigating through the cost of living crisis with clarity	Beyond Recovery - The Truth about Confidence - What would you do if you didn't have to rely on confidence?	The Big Simple - From Self Loathing to Self Loving - Most of us are accompanied through life with a sense of self-loathing. How does that transform into self-love without effort and how would that impact our lives?	Jason Shiers - Addictions - In all it's flavours ie; Thinking, alcohol, food, the gym, and a path to Enlightenment
4.05pm - 5pm	Lived Experience - Hope - Liliana Bellini and Susan Marmot will share a space with those who have accessed A Slice of Happiness service	Aaron Turner - Wellbeing in the workplace - Understanding what drives our clarity of mind opens up new and surprising possibilities for well-being, engagement, and new levels of impact.	Meet our research team - Innate health as the core mechanism of change across a variety of populations and the people who serve them.	Al Milledge and Yael - 'Accepting ourselves and others in our raw humanness' How being open to vulnerability and not needing to fix each other can be the most powerful space for change.	Sally Wyse - Ego - Who are we beneath our life experiences and intellect?	Bill Pettit - Never Broken: Nothing Lacking , Our Essence is Spiritual. Symptoms and Diagnostic Labels Represent Where, NOT Who a Person Is.
7pm - 7.55pm	Cathy Casey and Rob Cook - Anger - How to see through the anger to the heart of the matter and find peace.	George and Linda Pransky - Relationships: Understanding how your mood can affect your relationships.	Judith Sedgeman and Mark Howard - Trauma - How the Understanding of Three Principles Gives Hope To Live Without the Effects of Trauma.	Jack Pransky and Gabriela - Anxiety and fear during change...let's discover something new.	Dicken Bettinger and Natasha Swerdloff - Resilience: Understanding the role of Thought allows each of us to be resilient in the face of all of life's challenges	Mavis Karn - Divine Engineering - Like all of life, we are constructed of the intelligent energy of the universe, ergo, we are divinely engineered and it is in our best interest to realise this truth.
8.05pm - 9pm	Cathy Casey and Rob Cook - Forgiveness - Is a gesture of love that can really help you navigate to a better life	Marina Galan - Bereavement - Strength in the face of grief	Mark Howard and Judith Sedgeman - How the Power of Thought Creates Our Experience Of Life	Jack Pransky and Gabriela - The Unknown - a source of wisdom and possibilities during transitions	Dicken Bettinger and Natasha Swerdloff - Accessing Love: Understanding that in a quiet mind we will fill up with feelings that connect us to life in a positive way and help guide us through adversity.	Ami Chen Mills - Making Change in the World of Form - How does an understanding of the Principles inform our involvement? Or lack thereof? Is this world simply hopeless or can we actually help change things for the better at this level?
				9.10pm - 9.30pm - Final words from the A Slice of Happiness Team	9.10pm - 9.30pm - Final words from the A Slice of Happiness Team	