

2 DAY

Rock and Water Program FOCUS ON GIRLS

Workshop for SPECIALISED Training



Focus on GIRLS and WOMEN

**INNER STRENGTH AND ATTITUDE,
COMMUNICATION AND SOLIDARITY**

The 2 day Rock and Water training program **Focus on Girls and Women**, developed by Linda Geraeds and Freerk Ykema, NL, uses the basic skills and concepts of the Rock & Water program, while paying special attention to the developmental challenges and qualities of girls and women. Participants will learn to work with the different Rock & Water principles to build on their communication skills to live with others and the world around them without losing their own individuality and personal path in life. This training supports girls and women in their journey to becoming powerful individuals.

The main goals of the program are:

- To increase body awareness
- To become aware of attitudes, emotions and reaction patterns
- To experience body strength
- To increase self-confidence and learn to rely on your own strength
- To experience your power and to learn how to translate inner feelings into action
- To use mental power related to inner strength
- To feel, set and defend boundaries
- To deal with exciting situations without losing your inner strength

Aside from important theoretical backgrounds, different methods of approach will be taught and practiced. The training is centred around three themes: ground your body, centre your power and focus your mind. Working with these themes teaches girls and women to connect with their body, inner feelings and strength, and from there connect with the environment.

The Rock aspect enables girls and women to believe in their own strength and to increase their self-confidence. The Water aspect provides the tools to translate this new-found strength into communication with others.

The training program is tailored for teachers, trainers/coaches, therapists and Rock & Water trainers, who want to support girls and women to re-connect with their inner strength.

“Hands on learning - you do what you expect the student to do - you gain integrity and knowledge” Anne - Marie

10-lesson Program

Rock and Water working with girls/woman consists of a 10-lessons program:

- Stand strong and stay strong
- Generating force from your basic
- Power of breath and using your voice
- Body language and attitude
- Rely on your intuition and feelings
- Feeling and setting boundaries
- Dealing with sexuality and sexual violence
- Mental strength and self-confidence
- Making choices: the Rock quality
- Communication and solidarity: the Water quality

Workshop details

When: Various dates through out Australia

You will receive:

- 2 days intensive training with Master Instructor Elizabeth Mahler
- Focus on Girls and Women Manual
- Starter Manual
- Catering

Cost: \$561.00 training package

\$881.00 training, package + resource package

Workshops Times:

Registration: 8.15 for 8.30am start – finishing at 5.00pm

(Visit the website below for all the details)

www.newcastle.edu.au/rw



The Gadaku Institute and Family Action Centre encourages participants to complete the accredited 3 day Rock and Water Program which will provide you with the full understanding and concepts on the Program and compliments specialised workshops.



2013 ROCK & WATER – SA NSW VIC QLD



FOCUS ON GIRLS & WOMEN

QLD BRISBANE
29 – 30 AUGUST
 Venue : Nyanda State High School

NSW SYDNEY
9 - 10 SEPTEMBER
 Venue : Granville Youth & Recreation Centre

AUTISM SPECTRUM DISORDERS

QLD BRISBANE
1 – 2 AUGUST
 Venue : Geebung Special School

VIC MELBOURNE
14 – 15 OCTOBER
 Venue : TBA

SA ADELAIDE
30 – 31 OCTOBER
 Venue : TBA

PRIMARY SCHOOL

NSW SYDNEY
17 – 18 OCTOBER
 Venue : St Thomas, Willoughby

QLD BRISBANE
21 - 22 OCTOBER
 Venue : Richland East State School

VIC MELBOURNE
11 – 12 NOVEMBER
 Venue : Collingwood College K-12

INTERESTED IN HOSTING A WORKSHOP?

Benefits include 1 free placement
 Contact the Events Team
 p. (02) 4921 6403
 e. FAC-events@newcastle.edu.au

PERSONAL DETAILS

1st Title _____ Given Names _____ Surname _____ Position _____

2nd Title _____ Given Names _____ Surname _____ Position _____

Contact _____ Organisation _____

Postal Address _____ Town/City _____ State/Postcode _____

Email 1st Person (essential) _____

Email 2nd Person (essential) _____

Phone _____ A/H Contact/Mobile _____ Fax _____

Dietary Requirements _____

How did you hear about the training? _____ *(Please note: Requests for Kosher or Halal meals may incur additional costs – contact office for more details)*

LIABILITY WAIVER All participants listed on this registration must read and sign below.

I agree and acknowledge that I am undertaking participation in the Rock and Water training and activities at my own free will and intentional act. I am fully aware that possible physical injury might occur to me as a result of my participation in this event. I give this acknowledgement freely and knowingly and that I am as a result able to participate in the events and I do hereby assume responsibility for my own well-being.

Participant 1 Signature: _____ Participant 2 Signature: _____

CANCELLATION POLICY Written requests for registration refunds must be postmarked or emailed 2 weeks prior to the commencement date and will then be refunded (less \$80.00 processing fee). Cancellations received within 2 weeks of the commencement date will not be refunded although the registration can be transferred to another participant for the same workshop. No refunds are given for no-shows. *In the event of unforeseen circumstances The Family Action Centre reserves the right to change or cancel workshops*

➤ **The Family Action Centre** is a not for profit organisation. By attending events or purchasing resources from the FAC you are supporting the development of further resources and continued delivery of professional development events in many communities.

ATTENDANCE COSTINGS

- **\$561.00 – 2 day training program** (inc GST, catering and manual) **or**
- **\$881.00 – 2 day training program** (inc GST, catering, manual, theory book, basic exercise DVD, Bringing it Together - 22 case studies, RW Boys & Girls Poster packs 1 & 2 and NEW certificate pack) – *please note you will receive the supporting resources by post and the manual at the training.*

PAYMENT DETAILS (payment options – CHEQUE or CREDIT CARD only)

THIS FORM IS YOUR TAX INVOICE – A Tax Invoice Receipt will be issued once payment is received

Number of people attending @ \$ 561.00 _____

Number of people attending @ \$ 881.00 _____

TOTAL COST (inc GST) \$ _____

The University of Newcastle ABN: 15 736 576 735
www.newcastle.edu.au/rw



CHEQUE - **Cheque payable to The University of Newcastle**

Please post to : The Family Action Centre, University of Newcastle, University Drive, Callaghan NSW 2308

CREDIT CARD *Please debit my* **VISA** **MASTERCARD**

CARD NUMBER _____ / _____ / _____ / _____ **EXPIRY DATE** _____ / _____

Name of Cardholder _____ Signature _____

Contact number for Cardholder _____