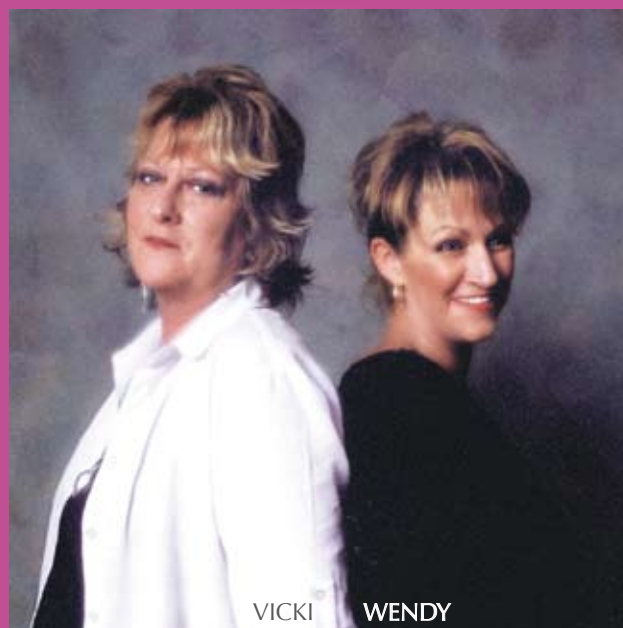


*Presenting a range of Professional
Development programs that can assist
your organisation in the overall
well-being of your work and living
environment*

Vicki & Wendy per sé

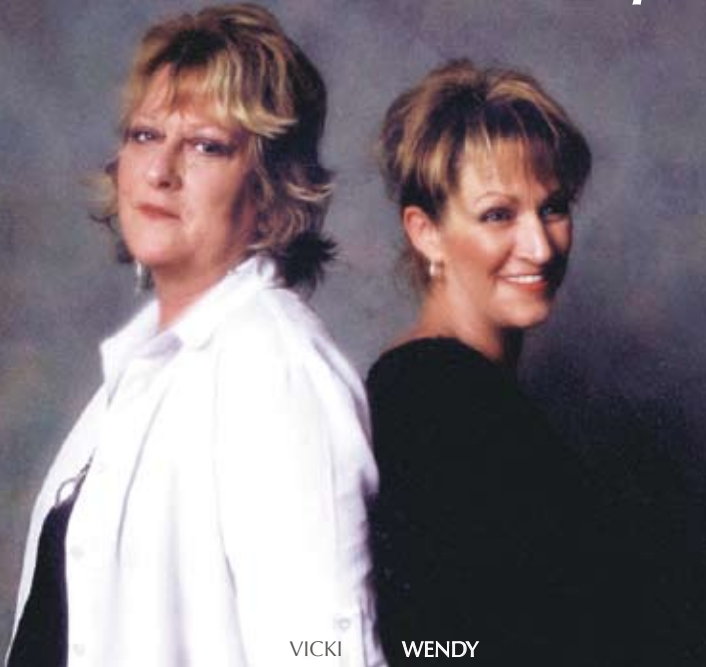
**FACILITATORS AND
ENTERTAINERS**



VICKI WENDY

FULLY QUALIFIED - GROUP FACILITATORS

Workshops are designed in such a way as to maximize individual potential.



VICKI

WENDY

Topics include:

- ▶ *New strategies for coping with stress in our lives and workplace*
- ▶ *The importance of risk-taking*
- ▶ *The shared wisdom, humour and life-experiences of others*
- ▶ *Shifting perspectives of our self and our circumstances which inspires change*



Vicki Simmons & Wendy Lennon have enjoyed each others friendship & slant on life for many years.

Both are experienced group facilitators who have worked in various capacities within the region for Schools, Vocational Training Institutes, Government & Health Departments.

The two women enjoy presenting a range of contemporary workshops & performances covering a range of issues in an interactive, familiar & humorous manner.

Folowing is a full range of workshops that can be tailored to suit your particular needs.

FOR FURTHER INFORMATION PLEASE CONTACT

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Email: simmons0@bigpond.net.au

Wendy Lennon
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Email: tea.house@hotmail.net.au

PROFESSIONAL DEVELOPMENT WORKSHOPS

Our programs are designed to assist in team-building, open communication and humour

Get a laugh

Humour in the workplace

Stress in the workplace is an everyday fact of life. You can't avoid it! This interactive, holistic workshop promotes team building through the use of humour whilst examining a range of stress management & coping strategies.

FULL
DAY

Careful what you wish for!

Goal setting & Risk-taking

A workshop on strategies for getting what you want out of life by creating the relevant steps to a new reality. This will be a time of discovery, coincidence, laughter and new beginnings.

FULL
DAY

Lighten up and listen

Humour and Communication

This interactive workshop covers all levels of communication. It includes effective listening skills and the importance of constructive feedback combined with the therapeutic benefits of humour.

FULL
DAY

What About Me?

Nurturing & Wellness

This workshop promotes the notion of self-care and well-being as the primary concern of the individual. It endeavors to create an awareness of the importance of nutrition, exercise, fun and laughter.

Give yourself permission to play!

FULL
DAY

Magic carpet ride

Stress management, Relaxation & Laughter

An Holistic approach to well being through Belly Dance, Belly Laugh and Relaxation.

HALF
DAY

Secret womens business

The positive aspects of Getting to Wisdom

A range of women's issues are covered in a familiar, flippant and irreverent manner.

HALF
DAY

*Ideal light relief for conferences.
Tailored to meet the needs of participants.
Time frames are adaptable*

INTERACTIVE PERFORMANCES

Conversational comedy based on the real-life experiences of two friends

Share a night of Song, Dance and Secret Womens Business.

Vicki & Wendy per sé

Set in a hairdressing salon Wendy and Vicki share the positive aspects of getting to wisdom. A range of womens issues are covered in a familiar, flippant & irreverent manner.

The Peri Party

Listen in on the conversations of two friends over a 'cuppa'. Plans are underway for the upcoming big "50" and the girls are organizing a grand celebration.

The Party Begins

Join the girls and be a part of the last minute arrangements for a long awaited event. All the preparations have been made - the venue, music, food & guests have been taken care of. Nothing can possibly go wrong???

RETREAT WEEKENDS

Indulgence weekends

Offering women the opportunity to relax, recharge, laugh, eat, and be carefree in the depths of the Wellsford Forest. Accommodation and meals provided.