



**Holistic**  
APPROACH FDC

2017

# HAFDC NATIONAL CONFERENCE



CONFERENCE DAY  
INFORMATION PACKAGE

HILTON - BRISBANE QLD

SATURDAY 4TH NOVEMBER 2017

# GENERAL INFORMATION

## REGISTRATION:

The registration desk will be open from 8:15am. You will be able to:

- Sign in
- Get your name badge
- Sign up for the workshops that you would like to attend
- Ask any questions

## 2018 HAFDC DIARIES:

Samples of our new and improved 2018 HAFDC diaries will be available for preview and order.

## MORNING TEA / LUNCH / AFTERNOON TEA:

Will be served in the area outside the Queens ballroom and the Stamford room. Staff will be there to guide you to your meals.

## DINNER:

The doors for dinner for the educators that have booked to attend will open at 7pm. The area outside the Queens Ballroom can be utilised for pre-dinner drinks from 6:30pm.

# HAFDC Annual National Conference 2017 (Brisbane Hilton Hotel) – Wellbeing and Wellness

|                                 |  |                 |   |
|---------------------------------|--|-----------------|---|
| 9.00am - 9.30am Opening Keynote | The power of the thought – CEO Alina Dan                                       |                 | All participants<br>How mindfulness works and the link to wellbeing   |
| 9.40am – 10.40am Workshop 1     | Understanding difficult behaviour  | Alina Dan       | Beyond behaviour management -looking at what creates behaviour and how to help children cope. Building resilience and problem solving.  |
| 9.40am – 10.40am Workshop 2     | Sensory awareness I  | Julia Eggles    | Fun and hands on workshop loaded with practical strategies to help you assist children cope with sensory processing challenges, improve children’s learning outcomes, confidence and comfort in your program with simple, effective strategies.   |
| 10.40am – 11.00am               | Morning Tea  |                 | All Participants  |
| 11.00am – 12.00pm Workshop 3    | Creative Arts and engaging provisions  | Brenda Abbey    | Setting up environments to engage children and scaffold their interests as well as provoke new learning.  |
| 11.00am – 12.00pm Workshop 4    | Documentation Refresher  | Alina Dan       | How to meaningfully document; co-programming, the importance of children’s voices and the Project Approach.   |
| 12.10pm – 1.10 pm Workshop 5    | NQF updates and how it affects us  | Alina Dan       | Update on the 2018 new NQS indicators. A practical guide through the upcoming changes.  |
| 12.10pm – 1.10pm Workshop 6     | Hubworks   |                 | Introduction to our Childcare software - Hubworks an overview of systems, pricing and what it can offer.  |
| 1.15pm - 1.50pm                 | Lunch  |                 | All Participants  |
| 2.00pm – 2.45pm Workshop 7      | Creative Ideas for Embedded Music Indoors and Outdoors                         | Galina Zenin    | Practical songs for all different times of the day (including transitions).   |
| 2.00pm – 2.45pm Workshop 8      | Arriving and leaving, moving between daily activities, coping with new people. | Julia Eggles    | Increase your understanding of why children are struggling and effective strategies for managing them.  |
| 2.45pm – 3.45pm – Workshop 9    | How to meaningfully plan for your children in care                             | Dr Arini        | All Participants  |
| 3.45pm – 4.00pm                 | Afternoon Tea  |                 | All Participants  |
| 4.00pm – 5.00pm Workshop 10     | Enhancing Wellbeing through Yoga and Mindfulness                               | Galina Zenin    | Engaging yoga activities yet fun experiences for children.  |
| 4.00pm – 5.00pm Workshop 11     | Rituals, routines and relaxation for all ages                                  | Dr Brenda Abbey | How to help children relax and involve them in quiet activities. Perhaps the most effective way to achieve relaxation is to learn what I refer to as the ‘Skill to Chill’ (i.e. progressive relaxation techniques). You will personally experience progressive relaxation and learn how and when to use these relaxation techniques for the future. Please wear comfortable clothing and bring along a mat/blanket to lay on. Your life will never be the same again! |
| 5.00pm – 5.45pm Closing Keynote | Connect, Create, Achieve   |                 | All Participants<br>Q&A session with all participants as well as a brief outline of the HAFDC future plans and exciting new projects.   |

\*7.00pm dinner

# HAFDC CONFERENCE PRESENTER BIOGRAPHIES

## ALINA DAN BIOGRAPHY



Alina Dan is a National and International Early Childhood consultant as well as a renowned Early Childhood Business Developer. Alina educates, empowers and practically shows early childhood services how to create a Holistic Approach Service.

With over 16 years' experience in early Childhood and 15 years' experience in the business sector, Alina offers a wealth of knowledge and expertise to childcare services across the nation as well as internationally.

Her most renowned workshop and outside the box training has made a huge impact on a vast number of services across Australia: Documenting More by Writing Less (Meaningful Documentation). Some of her other known presented topics include: How to run a Holistic Centre, Displays versus Documentation and Achieving exceeding are a few of the most sought after services.

Alina is renowned for her live workshops which are highly interactive, empowering and intensive!

Alina Dan has created the Holistic Approach Group which includes: Alina Dan Consultancy, Holistic Approach Business Development, Holistic Approach Family Day Care, The Holistic Child and Holistic Child Hope Charity.

Business Development is another area that Alina is actively working in. Alina coaches and mentors many existing owners on how to build, expand and re-structure their existing services.

Alina Dan makes regular references to The Arini Method and is a true believer in the importance of brain development and neuroscience.

For hundreds of testimonials please see [www.alinadanconsultancy.com](http://www.alinadanconsultancy.com).

For all bookings and enquiries, please contact our Events Manager - [events@alinadanconsultancy.com](mailto:events@alinadanconsultancy.com)

## JULIA EGGLES BIOGRAPHY



Julia has held numerous clinical positions in Australia and the United States at clinical, senior and management levels. She started her career working for Community Health, then moved onto a Statewide Consultancy position in severe disability. Later she established the Developmental Assessment Clinic at Toowoomba Health Services, after which she moved to the USA working for Children's Hospital Of Philadelphia as an outpatient and early intervention therapist, and then eventually onto lead the assessment team for Virtua Health Services Early Intervention Team.

On her return to Australia Julia has settled into working for Kids Matters Occupational Therapy – a large private practice, mostly at their Aspley Clinic serving the northern suburbs of Brisbane.

Julia has also taught at TAFE and Universities in Queensland and Victoria and has co-authored *The Smart Parent's Guide* and written papers for State and rural professional conferences on wide ranging subjects relating to developmental and learning difficulties.

Julia has also held voluntary positions as a chairperson and member of district, county and state wide committees in Queensland, Australia and New Jersey, USA. She has been a frequent and popular presenter at conferences and workshops for many years in Australia and the USA and in 2012 co-authored the book "The Smart Parent's Guide To Choosing The Best Toys For Bright Kids".

### Qualifications:

- B.Occ.Thy (Hons) Queensland University, 1982
- Neurolinguistic Practitioner, September 1995
- Certified Cogmed Coach , 2011 Attachments area

## DR. ARINI BEAUMARIS BIOGRAPHY - THE ARINI METHOD



**Understanding how a child's social brain develops and how they can learn to act out of their heart space rather than just their head space, creates a child who is easier to guide to become a joyful, loving, respectful, responsible and an engaged learner. It is an essential foundation to success, both in future academic achievement and life.**

Dr Arini Beaumaris provides a revolutionary approach to the holistic development of each child's social brain and heart intelligence, as a result of her research and experience as an educator/Principal in British Columbia, where 64% of her students were listed on the Government's Honour Roll and the school rose 8 ranks academically in one year. Research indicates that the development of the emotional- social character of the growing child is much easier to guide than we initially thought, using the tools and strategies of the *integration of body, mind and heart capacities*.

We naturally come with an instruction manual that is written all over our faces and is part of our non-verbal expressions. Over 30 years of research has identified how to read the different types of social brains, to provide guidance on how to interact, communicate, learn, emotionally sooth and bridge the communication gap that can so easily develop between people. We can now truly personalise the development of each child in your care, based on the findings of the social-neuro sciences, to enable children to become noble, capable and holistic beings.

We inherit the way our brains and hearts are wired to connect to others and the world, and this influences us from birth as to how we learn and interact. We can step into an individual's perception and use these natural abilities to play to a child's strengths thus strengthening body, mind and heart capacities. To demonstrate this notion the following text gives examples of how using different action words can change your interactions from one word responses from the child to a meaningful conversation. The way we greet the child is a simple example of expressing our love and connection such as: what happened today; what was exciting or interesting about today; or what did you do today? Knowing which one to use for the type of child or different dynamic is paramount to understanding their developmental needs and their different emotional and learning needs and how to arrange emotionally safe environments. Using the child's highest values in our wording will motivate them to follow our guidance. For instance, "I need you to be respectful to your friends." Is a statement you can use if the child is being disrespectful and they value respect.

Dr Arini can identify which dynamic a child is and assist you to personalise your approach and guidance for each child. Some children need high interaction, some need quiet independent time to work things out or need to learn through a lot of physical action. Children will use a different sense as their dominant mode whether it is audio, visual or kinaesthetic. What-ever their needs are, they can be identified and a personalized approach can be provided. As a result of Dr Arini's research she has developed a neuro-socio-emotional learning kit based on a brain and heart based approach that meets 27 NQF requirements. It is in the form of six stories with A Users Guide, (The Super Six Heroes) to help develop the child's mind and heart smarts to make wise choices and develop emotional intelligence. This can be used by both parents and carers to guide everyday behaviours in children that are socially acceptable, using the same style in care, and at home, to reinforce positive or noble behaviours.

Contact details for Dr Arini Beaumaris: 0458 919 199 arini.beaumaris@gmail.com www.arinimethod.com

## GALINA ZENIN

### Bonkers Beat Music Kindergarten



Galina Zenin (B.Mus. Ed., Dip. Teach.) is a presenter, early childhood educator, qualified and highly respected music and voice training teacher, author, composer and storyteller. She writes her own music and brings to her music program a wealth of European and Australian experience and a high level of professionalism.

Galina is a creator of innovative early childhood education programs and a recipient of the 2015 National Excellence in Teaching Award by Australian Scholarships Group (ASG).

Galina's passion and know-how are appreciated by audiences across the world. From keynote address to small group workshop, she has inspired audiences on 4 continents and has been widely featured in the national media.

## Dr Brenda Abbey



Dr Brenda Abbey owns and operates *Childcare by Design*. As Principal Consultant, she provides technical expertise in early education and care to: federal and state governments; city, regional and local councils; childcare peak bodies; and, national and international corporations. Brenda also co-owns and operates *Breeze Childcare Management* which oversees the day-to-day operations of a portfolio of services. She writes for a variety of sector publications, develops EYLF and NQS related resources, presents at conferences and workshops, and mentors service leaders and educators. She has expertise and a special interest in collaborating with architects and clients to develop exemplar early education and care services with creative yet functional designs.

## TRADE TABLES AT CONFERENCE

### EARTHLINK

earthlink

sharing cultures ★ educating children



<http://www.earthlinkhandcrafts.com/>

### NATURE PLAY AUSTRALIA



<http://www.natureplay.com.au/home>

### JANE DRUGANOVA – ENGLISH / RUSSIAN RESOURCES

Jane is selling CDs English-Russian nursery rhymes for \$5 a CD to promote the Russian culture and traditions. It comes with the booklet in two languages. Jane also provides multi instrumental workshops for FDC educators and is offering a discount at conference.



## ADVANCED DESIGN

Providing samples to order Holistic Uniforms.

ADVANCE | design

*Uniforms & Corporate Apparel*

<http://www.advancedesign.com.au/>

## HUBWORKS

Will be available at lunch time for anyone wanting to ask questions or sign up. There will be a special conference discount for any educators that sign up on the day.

HubWorks!™

<https://www.hubworks.com.au/>

## CHILDCARE BY DESIGN

CHILDCARE  
by Design

[http://www.childcarebydesign.com.au/childcare\\_resources.php](http://www.childcarebydesign.com.au/childcare_resources.php)