

8:30-9:15	WELCOME - RICHARD / SA / PTC								
9:15-10:30	KEYNOTE								
10:30-10:45									
10:45-11:45	Zuri Brudenell: Art of Pilates	Bobby Yang: Movement for every'body' Animal Flow Foundation 1 (Sponsored by Animal Flow)	Melody Schoenfeld: The psychology of food LS	Andrew Chadwick: Eccentrically eccentric	Suzanne Cox: Shaking it up for parkinsons disease	Chad Diehl: Stop the pain! Correctional exercise explained	Dr Cam McDonald - Maximising your impact, how PT can take you into your passion area (sponsored by PH360 edu)	Neil Wagstaff: Runners Rehab	Tracy Minnoch - Nuku: Building your personal brand
11:45-12:30	LUNCH								
12:30-1:30	Sannyasi Pragyadhara: Voice and Vibration	Emma Masters & Vanessa Leone Screw Group Exercise: Cue Group Exercise (Lecture)	Assoc Prof. Teresa Mitchell-Paterson: Female Muscle mass is a must in the over 50s	Ian O'Dwyer: The Art of Coaching you - The Tactile	Mish Wright: The Do's and the DON'TS of training peri + menopausal women	Alice Stolpe: "It's a bird, It's a plane"	Richard Toutounji: How to create Facebook ads that convert (sponsored by COM Marketing)	Mark Davis: Look for the lessons - Look for the teachers	DEEP DIVE SESSION Sergey Brazhnikov: Psychculture - An introduction to hand balancing and movement as medicine
1:30-1:45									
1:45-2:45	Erin Brown: IGC Coach by Colour (Sponsored by Lifefitness) DD	Elizabeth Dene: Food is medicine	John Polley: Questions before commands	Raewyn James: Helping Clients to Age Well	Dr Dan Jolley: Training Loads - lessons from professional sport to reduce your client's injury risk	Claudia Li: Conversations to clients	Richard Eisenhart: Mental Wellbeing		
2:45-3:00									
3:00-4:00	Kara-Leah Grant: Awakening for the household yogi	Manny Pina: Music Drives the session	Kirstyn Campbell: Postnatal and Beyond	Ben Siong: Building Muscle whilst losing fat - is it even possible?	Mark Davis: Dealing with crazy adolescents	Kyle Riley: Behavioural Genetics in Marketing	Sue Richard: Maximising member engagement to increase profit (sponsored by Tribe Team Training)	Steve Shannon: Steel mace training: Warrior tradition for the modern athlete	Aaron Marshall: Supercharge your stretching
4:00-4:15									
4:15-5:15	Lisa Jurakovich : Barre a group exercise instructors approach DD	Ben Siong: Green Smarts: What you should know on a vegan diet	Dave Liow: The 4 S&C principles and 4 stages of programming	Christie Houghton: One size does NOT fit all	Mark Hurdle: GLUTES that Salute - MAXimise your potential	Moana Bennett: Nail your sale!			DD

Sunday

9:00-10:00	Tamara Bennett: Tai Chi for life	Marya Hopman & Rebekah Charlton: Enhanced Cueing techniques for improved posture and form (Sponsored by SuperCue Seniors)	Melody Schoenfeld: Fat loss 101: The best diet for fat loss LS	John Polley: How literally do you feel?	Mish Wright: Top 10 Chronic conditions for older people (and how to train them)	Andrew Chadwick: The Y behind Y Bell (sponsored by Y Bell)	Dr Dan Jolley & Aaron Marshall: Can't we all just get along? A guide to working with other professionals	Kyle Riley: Does A.I spell the end for P.T	Dave Liow: Balance Training Revamped
10:15-10:00									
10:15-11:15	Sannyasi Pragyadhara: Exploring Pranamaya Kosha	Emma Masters: Creating Rockstar Online Presenters (Lecture)	Dr Cam McDonald: Solving the mystery of hormones, body composition, health and disease (Sponsored by PH360 edu)	Ian O'dwyer: Stress in tissues and how it shows up	Mark Hurdle: WAIT, What's my job? Behaviour modification Fundamentals	Chris White: Whose goal is it anyway? How you stop damaging your clients chances of success (Sponsored by PH360)	Alice Stolpe: Not selling: Your most important sales tool	Vanessa Leone: Periodisation - not just for athletes (sponsored by Exercise to Experience)	
11:15-11:30									
11:30-12:30	Erin Brown: ICG Connect DD	Elizabeth Dene: Are there benefits in using fish oil supplements?	Emma Masters: Bulletproof your Business	Ian O'Dwyer: The squidgy Bits, optimising Function and wellness!	Andrew Chadwick: The 'Y' Workout (sponsored by Y Bell)	Richard Toutounji: The Live video lead generator (sponsored by COM Marketing)			DD
12:30-1:30	LUNCH								
1:30-2:30	YogaNZ Session	Group Exercise Session TBC	Assoc Prof. Teresa Mitchell-Paterson: Muscle tear and nutritional repair	Kedric Kwan: From Philosophy to economics, Multidiscipline to lessons for nutrition success	Suzanne Cox: Defence against Dementia	Aaron Marshall: Wonky knees? No problem....	Christie Houghton: Carving our your niche and evolving with it	Roz Ryan: 7 Components of compelling offers that leave clients begging to buy	
2:30-2:45									
2:45-3:45	Tamara Bennett: Qigong for Health ~ 5 Element Qigong	Bobby Yang: Movement for every'body' Animal Flow Foundation 2 (Sponsored by Animal Flow)	Abby Dutton: Passion or Profession, Why not both?	John Polley: Why a 'knee' is rarely a knee	Mish Wright: Inclusive practices	Ben Siong: Bringing Sexy back - 7 ways to increase sex drive	Claudia Li: How to create content on social media to attract your dream clients	Neil Wagstaff: 3D Running	
3:45-4:00									
4:15-5:15	Zuri Brudenell: I've got no co-ordination	Group Exercise Session TBC	Kirstyn Campbell: Pelvic Floor in a nutshell	Colby Sousa: A Practical Approach to Recovery in Resistance Training	Dave Liow: Improving Movement - working locally to globally	Mark Davis: Mobilisation that is neuro-amazin'	Dr Dan Jolley: Critical thinking for Personal Trainers	Marya Hopman & Rebekah Charlton: Seniors exercise - how to safely challenge and inspire older adults (sponsored by SuperCue Seniors)	