

### Ohakune Programme:

<b>Day</b>	<b>Times</b>	<b>Activity</b>	<b>Staff member</b>
Friday	7.00 – 7.30pm	Arrive at The White Haus	All
	8.00 – 9.00pm	Welcome Introduction – Housekeeping	Andrea (AS)
Saturday	6.30 – 7.00 am	Wake	
	07.00 - 8.45	Mountain/Waterfall Walk	All
	9.00 – 9.30	Breakfast	
	9.35 – 10.00	Introduction -Staff	AS
	10.00 – 10.30	Why Are We Here?	AS
	10.30 – 12.15	The Gift That Keeps Giving	KB
	12.15 – 12.45	(Video session) (Brené Brown) – Power of Vulnerability	KB
	12.45 – 1.10	Mindful Eating – Savouring Exercise	David (DS)
	1.10 – 1.40	Lunch	
	1.50 – 2.50	Limiting Beliefs & Self Talk	SM
	3.00 – 3.40	Exercise – Circuit Class	AS
	3.40 – 4.40	Success Habits	AS
	5.00 – 6.00	Breathing – Why We Do What We Do	DS
	6.00 – 6.30	Break/ Discussion/Clarification	
	6.30 – 7.00	Dinner	
	7.30 – 9.00	Free Time / Movie / Spa	All
Sunday	7.00 – 7.30am	Wake	
	7.30 – 8.30	Exercise – Bush Walk 1	All
	9.00 – 9.30	Breakfast	
	9.30 – 10.30	The Happiness Trap	DS

	10.30 – 12.10	ACT I	DS
	12.10 – 12.30	Brené Brown – Shame	
	12.35 – 1.00	Urge Surfing	DS
	1.00 – 1.50	Lunch	
	2.00 – 3.20	Mindfulness	DS
	3.30 – 4.00	Stretch	KB
	4.00 – 5.30	Self-Care, Self-Compassion	KB
	5.30 – 6.30	Free time	
	6.30 – 7.00	Dinner / Gratitude	
	7.00 – 9.30	Movie - That Sugar Film / Spa	All
	10.00	Retire	
Monday	7.00 – 7.30am	Wake	
	7.30 – 8.30	Exercise – Bush Walk 2	All
	9.00 – 9.30	Breakfast	
	9.30 – 11.10	Rocket Ship –Values	Lorraine (LH)
	11.10 – 11.50	Be, Do, Have	LH
	12.00 – 12.40	Town excursion	KB/SM
	12.50 – 1.30	Lunch	
	1.30 – 2.30	The Drama Triangle	KB
	2.40 – 3.20	How We Help Others To Trigger Us (Collusion, AID)	LH
	3.30 – 4.10	Exercise - Swiss Ball Class	AS
	4.20 – 5.10	Limiting Beliefs - exercise	SM
	5.10 – 5.40	Responsibility Triangle	SM
	6.30 – 7.00	Dinner / Gratitude	
	7.00 – 9.30	Activity night (vision boards, plates, words, games etc)	All
	9.30 – 10.00	Retire	

Tuesday	7.00 – 7.30 am	Wake	
	7.30 – 8.30	Exercise – River or Bush Walk	AS
	9.00 – 9.30	Breakfast	
	9.30 – 9.40	Video – Bob Newhart	All
	9.40 – 10.40	Sustainable Success (Thoughts, Feelings, Behaviours)	LH
	10.50 – 11.40	Mind, Body, Soul	SM
	11.40 – 12.20	Values Brainstorm	SM
	12.30 – 1.00	Lunch	
	1.00 – 2.30	Art of Masterful Goal Setting / Future Proofing	LH / AS
	2.30 – 3.00	Pack up and leave ☹	