

CONFERENCE SCHEDULE SUNDAY 26 NOV

	GEX Studio	Stadium	AF114	AF116	AH214	AJ100	AJ105/6	AJ107/8
9.00 - 10.00	Marietta Mehanni Focused muscle conditioning using the step	John Polley Not Exercise – same destination, different journey	Dr Cam McDonald Personalised Sleep for body comp, health, hormones & QOL	Angela Lee Jenkins - Programming 'Breathing' some must know gems	Dave Liow How to Train Key Movement Patterns	Rich Ellis Top 5 tips for exercise professionals from the PT Graduate podcast	Nikki Loe How to beat overwhelm and trade burnout for joy	Thea Baker DEEP DIVE Be more than trauma-informed!
10.00 – 10.15	BREAK							
10.15 - 11.15	Vanessa Leone How to program for results in Group Fitness	Ian O'Dwyer Fluid & Tension ***	Assoc Prof Teresa Mitchell-Paterson How to get 'BIG' on vegan-powered fuel	Andrew Chadwick Motivation for you so you can motivate others	Alice Stolpe Commandeer the Rear	Ginera Linton-Ozich Much more than muscles	Nikki Williams & Abby Strong 5 ways to P.O.W.E.R up your team culture!	
11.15 – 11.30	BREAK							
11.30 - 12.30	Marietta Mehanni Master the Fundamentals of Teaching Freestyle Step	Ben Siong Periodization for Physique Transformation	Liz Dene The Future of Nutrition	Dr Cam McDonald Circadian Rhythms: The destroyer or maker of your program	Mark Davis Dodgy Knees Crook Back	Vanessa Leone From burnout & injury to Periodisation	Suze Cox Helping Young Girls Thrive	Gary Szabo Whakahou (revise/renew/rebuild)
12.30 – 1.30	LUNCH							
1.30 - 2.30	Jill Healy-Quintard Yoga Nidra: The Way to Deep Personal Growth and Empowerment	Ian O'Dwyer Hip Motion and Pelvic Flare #####	Angela Lee Jenkins The Burnout Pandemic	Assoc Prof Teresa Mitchell-Paterson Absorption, muscle mass, and lean body-building capacity of protein powders	Alice Stolpe Re"Warding" Your Training	Mish Wright Menopause Hormone Treatment: Separating Myth from Fact for Fitness Professionals	Dr Susan Baxter Training special populations (chronic illness)	Ginera Ozich-Linton Create magic moments that showcase your value
2.30 – 2.45	BREAK							
2.45 - 3.45	Kristyn Campbell Sub30 Core Restore & Sub30 Cardio Restore – entry level postnatal workout	Animal Flow - Treat your body: Animal flow for Mobility	Jen Dugard The business of becoming known in your niche	Mish Wright Training to Fatigue: Strategies for Guiding Clients with Chronic Fatigue and Related Conditions	Neil Wagstaff Speed Agility and Quickness	Mark Davis Watch Your Language Buddy	Claudia Li Decoding the Social Media Algorithm For PT's	Gee Tual DEEP DIVE Move with Intention
3.45 – 4.00	BREAK BREAK							
4.00 - 5.00	Tamara Bennett Tai Chi 4 Kidz	<u>AJ 100</u> John Polley The integrated approach to chronic issues – including knees, low back and shoulders	Rich Ellis So you want to present?	Jen Dugard Mums masterclass - adapting your current training for your mum clients	Vanessa Leone Create your own mobility class	<u>AJ 107/8</u> Niki Loe What you need to know when training humans with endometriosis	Tom Merriman Building your PT Product - 4 pillars of product design	