

CONFERENCE SCHEDULE SATURDAY 25 NOV

	GEX Studio	Stadium	AF114	AJ107/8	AH214	AJ100	AJ105/6	AF116
8.30 - 10.30	OPENING & KEYNOTE - Grant Gamble							
10.30 –10.45	BREAK							
10.45- 11.45	Marietta Mehanni Mastering Getting Up and Down from the Floor in Group Fitness Classes	Ian O'Dwyer Core From The Ground Up	Dr Antony Lo Stop Hurting Women With Exercise	John Polley & Suzanne Cox Happy Memories During Memory Loss	Gee Tual Barefoot Training: The missing connection in fitness.	Thea Baker Physical activity as therapy for anxiety and depression	Claudia Li Effortless Selling: How to Get More Sales to increase your income (and make it fun!)	Mark Davis Vagus – The X Factor Beyond Elvis
11.45 – 12.30	LUNCH							
12.30- 1.30	Jill Healy-Quintard YogaPilates Fusion: A MindBody and Balanced Practice	Gee Tual Back Pain 101: A Trainer's cheat sheet	Assoc Prof Teresa Mitchell - Paterson Collagen - what's the fuss? Powders and supplements - the dynamics of collagen	Andrew Chadwick Changing Behaviour	Chaz Monaghan Building a Health House - More than just Exercise & Nutrition.	Ben Siong The Art and Science of Losing Fat	Tom Merriman Experiential training - how to design and deliver effective education	Dr Wendy Sweet & Mish McCormack DEEP DIVE Menopause isn't just about hot flushes or brain fog!
1.30 – 1.45	BREAK							
1.45 - 2.45	Vanessa Leone The Group Fitness Experience	Marietta Mehanni Vestibular Training for Memory: A Guide for Group Fitness Instructors	Beth Beauchamp The Fascial System - Be UP on The Body's Design VIRTUAL SESSION	Neil Wagstaff Find your Ikigai (reason for being)	Dave Liow Foot Assessment and Training	Angela Lee Jenkins The magic is in the micro - too small to fail	Mid Thomas Savelio Cultural Empathy – Knowing our communities	
2.45 – 3.00	BREAK							
3.00- 4.00	Erin Brown Watts Wheels and Whoopee	Gee Tual Intro into Quadrupedal movement training	Dr Cam McDonald Body composition, Hormones and Health Types	Liz Dene Nutrition for Peak Performance	John Polley How your brain will stop you exercising, and what to do about it	Thea Baker How does physical activity help to prevent & reduce depression?	Claudia Li Unlocking the Power of A.I. For PTs in 2023 to Create Content For FREE that Your Audience Can't Ignore	Dr Antony Lo DEEP DIVE Busting Core Stability Myths
4.00 – 4.15	BREAK							
4.15- 5.15	Jill Healy-Quintard Movement is medicine	Gee Tual The Science of Play: why a fun session goes beyond exercise	Jen Dugard Know your numbers the secret sauce to your fitness business success	Ben Siong Workout Myths - reasons you are not seeing results	Kris Tynan Training Balance and Brains	Neil Wagstaff Take a deep breath	Dr Susan Baxter How to create a referral engine and leverage strategic partnerships	

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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	Niki 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 Moore 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 Moore 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	Andrew Chadwick 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
3.45 – 4.00	BREAK							
4.00 - 5.00	Tamara Bennett Tai Chi 4 Kidz	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	Niki Loe What you need to know when training humans with endometriosis	Tom Merriman Building your PT Product - 4 pillars of product design	Move with Intention