Rock and Water Program offers educators a new way to interact with students through physical/social teaching.

Physical exercises are constantly linked with mental and social skills. The program leads from simple self-defence, boundary and communication exercises to a strong notion of self-confidence. The program offers a framework of exercises and ideas about students to assist students to become aware of purpose and motivation in their life.

Topics include: intuition, body language, mental strength, empathic feeling, positive feeling, positive thinking and positive visualising. Discussion topics include bullying, sexual harassment, homophobia, life goals, desires and following an inner compass.

Rock and Water Presenters

Workshops will be presented by our Master Instructors and Freerk Ykema, director of the Gadaku Institute, founder of the program. All Master Instructors have received extensive training with Freerk Ykema.

Please visit our website to view Master Instructor’s biographies.

Why is this program so popular?

The Rock and Water Program teaches...

- Practical Anti-Bullying strategies
- Alternatives to aggressive verbal and physical responses to fear and doubt
- Thinking and being in control, through grounding, centeredness and mental focus.
- Self respect, self control and self confidence

For enquiries contact: Family Action Centre, University of Newcastle, University Drive, Callaghan NSW 2308
p. +61 2 4921 6403 f. +61 2 4921 8686 e. FAC-events@newcastle.edu.au” w. www.newcastle.edu.au/rw

Further information: www.newcastle.edu.au/rw
EXPRESS YOUR INTEREST
continued delivery of professional development

The Family Action Centre is a not for profit organisation.

processing fee). Cancellations received within 2 weeks of the commencement date will not be refunded although the registratio

We will keep you informed o

WORKSHOPS

TOUR DATES
3 DAY
WORKSHOPS

[List of dates and locations]

ATTENDANCE COSTINGS

3 Day Training  $ 750 pp (inc gst, catering and manual) or
$ 1070 pp (inc GST, catering, manual, theory book, basic exercise DVD, Bringing it Together - 22 case studies, R&W Boys & Girls Poster packs 1 & 2 and NEW certificate pack)

Please note you will receive the supporting resources by post and the manual at the training.

PAYMENT DETAILS :  CHEQUE / CREDIT CARD / ONLINE

This completed form is your Tax Invoice for the purposes of GST  An Invoice Receipt will then be issued confirming payment

Number of people attending @ $ 750 ______
Number of people attending @ $1070 ______

TOTAL COST (inc gst) $________

- Cheque payable to The University of Newcastle

- Please debit my [Credit Card]

- VISA  [Credit Card]

- MASTERCARD  [Credit Card]

- EXPIRY DATE ___/____

- CARD NUMBER _____ _____ _____ / _____ _____ _____ / _____ _____ _____ / _____ _____ _____

- NAME OF CARDHOLDER _____________________________

- SIGNATURE _____________________________ CARDHOLDER’S CONTACT NO. _____________________________

HOST A 3 DAY
Rock & Water Workshop
Benefits include
2 FREE placements

Call our office to EXPRESS YOUR INTEREST
(See contact details at bottom of form)

LIABILITY WAIVER  All participants listed on this registration must read and sign below.

I agree and acknowledge that I am undertaking participation in the Rock and Water training and activities at my own free will and intentional act. I am fully aware that possible physical injury might occur to me as a result of my participation in this event. I give this acknowledgement freely and knowingly and that I am as a result able to participate in the events and I do hereby assume responsibility for my own well-being.

Participant 1 Signature: _____________________________

Participant 2 Signature: _____________________________

CANCELLATION POLICY Written requests for registration refunds must be postmarked or emailed 2 weeks prior to the commencement date and will then be refunded (less $80.00 processing fee). Cancellations received within 2 weeks of the commencement date will not be refunded although the registration can be transferred to another participant for the same workshop. No refunds are given for no-shows. In the event of unforeseen circumstances The Family Action Centre reserves the right to change or cancel workshops.

The Family Action Centre is a not for profit organisation. By attending events or purchasing resources from the FAC you are supporting the development of further resources and continued delivery of professional development training.

We will keep you informed of future training opportunities.  I DO NOT wish to be added to the promotional database

QUESTIONS? Call: 02 4921 6403  Send your Registration Form by :  e: FAC-events@newcastle.edu.au  f: 02 4921 8686
p: Family Action Centre, University of Newcastle, University Drive, CALLAGHAN NSW 2308

ROCK AND WATER TOUR 2014

The University of Newcastle
ABN: 15 736 576 735
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Focus on Girls / Women

We will keep you informed of...