


Click on schedule for for information on the presenters and sessions

Keynote - Ish Cheyne - [Leveling up for leadership](#)


9.45-10.30am

Session	Studio One	Multi Room	Lecture Room	Pools
10.30-11.30am	Ian O'Dwyer Does Knowing create Postitive Outcomes for your Clients Part 1	Shane Way Mental Health, Motivation & Movment	Wendy Sweet Your Masterclass on Menopause	Gemma Atkinson A Liquid Recipe for Success! 


11.30-11.45 BREAK

Session	Studio One	Multi Room	Lecture Room	Pools
11.45-12.45pm	Ian O'Dwyer Does Knowing create Postitive Outcomes for your Clients Part 2	Wendy Sweet Why your vision of where or who you want to be, is the greatest assest you have	Barry Donaldson Biomechanical analysis of lower body muscle balance and new research on core stability	Maria Teresa Stone Water Fight 


12.45-1.00pm BREAK

Session	Studio One	Multi Room	Lecture Room	Pools
1.00-2.00pm	Dave Liow Finding your Flow	Maree Frost Pelvic Floor Focus - An Overview	Catherine Sissons 3 Ways to help Your Clients Sustain Eating Well Guilt Free	Michelle Durham Aqua Architect 


2.00-2.45pm LUNCH

Session	Studio One	Multi Room	Lecture Room
2.45-3.45pm	Dave Liow The Barefoot Athlete	Maria Teresa Stone Cardio Fight 	Shane Way Becoming Your Best Business You

3.45-4.00pm BREAK

Session	Studio One	Multi Room	Lecture Room
4.00-5.00pm	Dave Liow Hip Pain in the Gym	Rob Bone The Ultimate Conditioning Class 	Jean Scott Going it Alone

5.00-5.15pm BREAK

Session	Studio One	Multi Room	Lecture Room
5.15-6.15pm	Danielle Mather Pump behind the scenes! 	Ish Cheyne Future-proofing the business of PT	Ian O'Dwyer Sustainable Business 101