

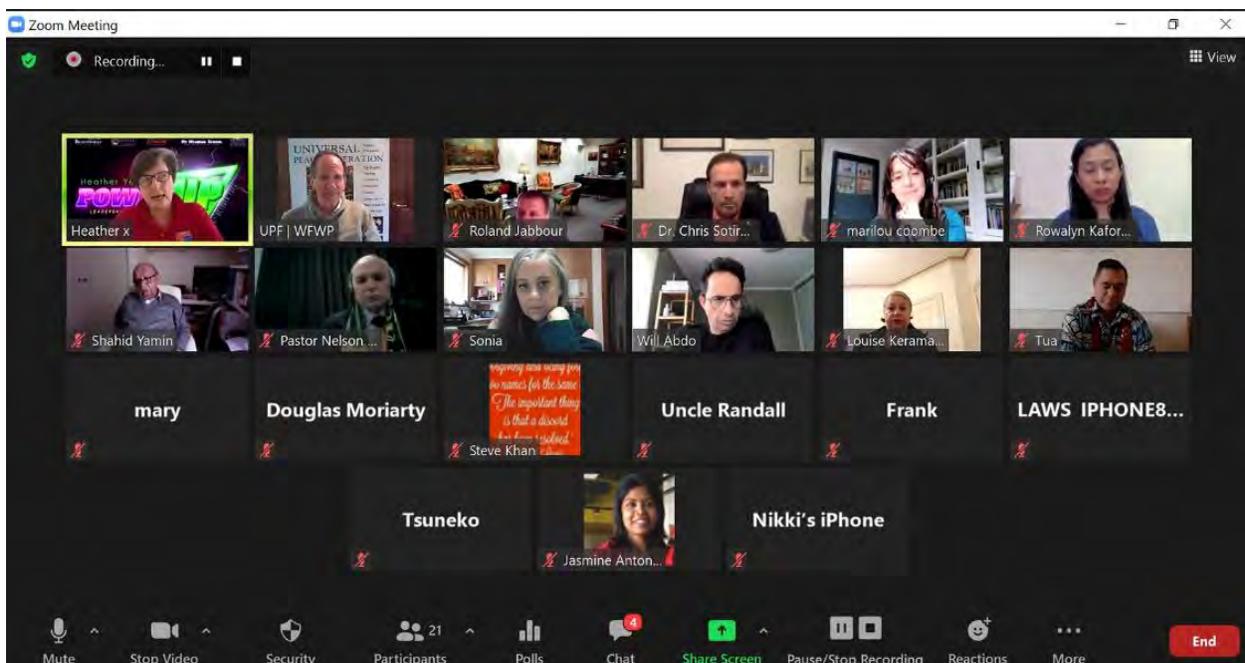
UPF Melbourne, Australia's Online Seminar on the Topic of Wellbeing

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Melbourne, Australia -- The Melbourne chapter of UPF-Australia hosted an online seminar on the topic of wellbeing on October 17, 2020 as part of its "Being Self-Aware, Responsible and Loving" webinar series. The virtual event, which featured two main speakers, was attended by 25 participants.

Marilou Coombe, founder of Orchestrate Coaching and Consulting, spoke about "Creating a Safe and Supportive Environment for Children of all Ages." She explained that a positive mindset, self-regulation and expressing emotions productively are the basis for wellbeing. Ms. Coombe drew attention to the importance of children and adults getting in touch with their emotions and learning to deal with them. She said, "If we suppress our emotions, they will bottle up and explode." She also emphasized the importance of having emotional intelligence and finding the strength within ourselves during this time of COVID-19.



Heather Yelland, founder of Elevation Company, presented on "The Value of Living in Alignment." Discovering and expressing the truth of who we are and embracing the difference we were born to make is at the core of us being loved and making a meaningful difference in the world. All people want to be loved and to love; this is the core of who we are. To make this difference, we need to frame our experiences with a positive mindset; we must focus on opportunities and not negatives or problems. And as a global family, we need to collaborate with one another and overcome the barriers of ego and fear.