











Day 2 Tuesday 20 August 2024

| Time | Topic | |
|------------------|--|--|
| 6.00am – 10.30am | Breakfast at Table 88 - Main building, Reception level | |
| 6.30am – 7.05am |  <p>Wellbeing: Meditation Secrets to Thriving in a World of Distractions Anita Levitt – Principal Therapist, Iswara</p> <p>In this session with Anita, you will get to explore the role of the mind through meditation, offering fascinating insights into how this type of practice can significantly enhance focus and improve clarity in both your personal and professional life. LeBron James, the famous basketball player, uses meditation to help him concentrate better during games and to keep his mind healthy. Lots of scientific research shows that meditation really works to make our focus sharper, our thoughts clearer, and generally helps us feel better mentally. Strategies we'll go over:</p> <ul style="list-style-type: none"> • Deal with distractions • Enhance your focus • Improve clarity <p>Meditation trains the mind to focus on the present moment, reducing distractions. This heightened focus can lead you to clearer, more strategic decisions and innovative solutions to complex problems.</p> | <p>Wellbeing: Personal Safety & Self-defence Jamie Levitt – Black Belt in Karate and Jujitsu, Iswara</p> <p>It's all too common to read about personal theft, home invasion and physical assault, so what can we do about these things? Without needing to be a black belt, there are some very basic strategies and techniques one can learn to help mitigate these events, and reduce the likelihood of serious injury.</p> <p>Learn how to:</p> <ul style="list-style-type: none"> • Implement basic strategies in your daily life to increase personal safety • Understand the types of threats one may face • Avoid or mitigate confrontational risk in different environments • Respond to some common physical attacks (e.g. grabs and punches) • Apply an effective strike to escape from danger. <p>This session is suitable for both men and women regardless of skill level. We hope you can join us!</p> |
| 7.15am – 8.00am | <p>Breakfast Masterclass: Are you ready for the great wealth transfer? Mark Kennedy – Key Account Manager, BT</p> <p>With an estimated \$3.5 trillion changing hands over the next 25 years from our aging baby boomer population to the next generations, this session explores the risks and opportunities that intergenerational wealth will present to advice businesses and is designed to be interactive. Nick will guide the participants through a workshop, allowing firms to assess their current offering and engagement with the beneficiaries of this wealth as well as hear from peers on what changes or successful strategies can be implemented to capitalise on the great wealth transfer.</p> <p>CPD 0.75: Topic – Client care and practice; Subtopic – Financial Planning</p> | |

Day 2 Tuesday 20 August 2024 (continued)

| Time | Topic |
|-------------------|---|
| 8.15am – 8.30am | <div></div> <div>Welcome to Day 2 David Hunt – MC & Host Location: Conference Centre building – L1 Ballroom</div> |
| 8.30am – 9.30am | <div><div></div><div>Keynote Sessions: A Trump Victory – what would it mean? China’s Global Ambition and its implications We look at the geopolitical environment and how advisers should be thinking about client portfolios. CPD 1.0: Topic – Technical; Subtopic – Generic<div><div>Dr Siddharth Mohandas – Director, Lazard Geopolitical Advisory (specializing in Asia)</div><div>Theodore Bunzel – Head of Geopolitical Advisory, Lazard</div><div>Ron Temple – Chief Market Strategist, Lazard</div></div></div><div>Support Staff Session</div></div> |
| 9.30am – 10.15am | <div></div> <div>Making AI work for you Candina Weston – Candina was a Chief Marketing Officer, General Manager and Director of Global Business Strategy at Microsoft. Candina has worked globally for over 24 years at the forefront of technology, leveraging AI in daily work to drive scale, grow customers and increase revenue. In this practical session Candina will help to break down AI, data and content, how this is impacting the market, and help to apply this to some real scenarios we are facing through feedback gathered from the attendees. A portion of the session is designed to be interactive so don’t be shy, we want to be sure you walk away feeling more confident about how you can leverage this technology in your business. CPD 0.75: Topic – General; Subtopic – Generic</div> |
| 10.15am – 10.45am | Morning tea at Exhibition Area |
| 10.45am – 11.45pm | <div></div> <div>How smart are you? Test your skills against your peers in this fun tech session. Andrew Lowe – Head of Technical Services, Challenger CPD 1.0: Topic – Technical; Subtopic – TBC</div> |
| 11.45am – 12.30pm | <div></div> <div>Investing in Mental Fitness: The Key to Success Sonia Lancaster – Director, Research & Development, Iswara Our mind is a powerful tool when used effectively and has the potential to significantly impact the results we get when it comes to our personal and professional life. This session facilitated by Iswara, will zone in on the following key areas:<ul style="list-style-type: none">• What does the science say about using our mind more effectively?• Physical fitness is easy to measure, but how do we measure our mental fitness• How to spot the signs our mental fitness is lacking• Adding value to clients when it comes to mental fitness• What are some effective tools and strategies we can easily adopt?</div> |

Day 2 Tuesday 20 August 2024 (continued)

| Time | Topic |
|------------------|--|
| 12.30pm | Close of Day 2 and Afternoon Activity Instructions David Hunt – MC & Host |
| 12.30pm – 1.00pm | Lunch at Exhibition Area |
| 1.00pm | For water sports: meet at hotel pool near beach front. For other activities: meet at hotel foyer – look for with your activity sign and meet your group leader. Please note: Buses leave at 1.15pm sharp. |
| 1.30pm – 5.30pm | Afternoon activities |



Bike Ride through Hoi An Farming Village
[More info...](#)



Da Nang Highlights: visit Marble Mountain and Linh Ung pagoda
[More info...](#)



Fishing Culture and Basket Boat Ride
[More info...](#)



Water Sports at Da Nang / hotel beach
[More info...](#)



Cyclo Ride & Free time at Hoi An Markets
[More info...](#)



Traditional Cooking Class at Moon River
[More info...](#)



Da Nang Golf Course - 9 holes
[More info...](#)



Free Time @ Your Leisure
[More info...](#)

| | |
|--------|--|
| 7.00pm | Dinner with corporate education partners or free evening |
|--------|--|