

11.00 - 11.30

**Debbie Catt - 'No More If Onlys'** <http://www.nomoreifonlys.com>

Inspirational Speaker & Coach

Overcome the setbacks in your life – especially redundancy - and achieve your ambitions.

Debbie is a highly respected and inspiring Speaker with more than 30 years' experience. Her 'No More If Onlys' Programme is a comprehensive series of inspirational seminars and personal coaching to help you overcome the difficulties and setbacks in your life.



11.45 - 12.15

**Gina Hardy: Conscious Union** Relationship education, yoga teaching and healing

"I am a relationship educator and motivational speaker on the subject of love. I am also a yoga teacher and natural therapist offering couples and individuals education and methods of healing themselves and their relationship."

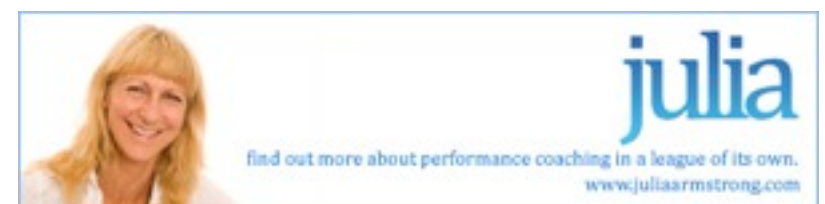
Having spent 24 years meandering through her own river of love, which many times was fraught with twists and turns and white water, including divorce soon after marrying, Gina has a wealth of experience to share. Her passion, through her own transformation and education process, is about helping couples and particularly singles become conscious in their behaviour in relationships and her tools include the work of partner yoga, a powerful way to re-connect through non-verbal dialogue.



12.30 - 13.00

**Julia Armstrong: Coach, therapist and author**

Coaching in realising human potential. Julia is a leading performance coach and counsellor working at the core level with over 30 years experience in helping others find happiness and fulfillment.



13.15 - 13.45

**John Stebbing: Stephen Rimmer LLP and JAS Mediation Services** Family law and mediation

John leads a team of lawyers offering mediation, legal assistance with family law problems of every description and an innovative style of resolving difficulties through collaborative law.



14.00 - 15.00

**SHARE YOUR STORY** with Suzy Miller, creator of Starting Over Show - in 5 minutes!

**It may be that your vision is to break up right without a fight;  
it may be to start a new business; or are you going to move forward  
from bereavement or another life changing event.....**

For one hour during the day Suzy wants to hear your starting over story.  
What are you starting over from at this time? What is your positive vision of where you want to be in a year's time and what support are you seeking to get to that great place in your life?

Some of your stories will be posted on the [www.sosvillage.org website](http://www.sosvillage.org) to inspire others (just knowing that it IS possible to look forward to a positive future IS very inspiring). Some may be used in the documentary about the exhibitors being filmed at the shows.

Please put your name down and book your chance to share your starting over vision with Suzy, who is looking forward to meeting you at SOS London & SOS Brighton. **NB: You will need to sign a form agreeing that we can use your short interview on our website to share your story with others, and it may also be used as part of a documentary being filmed on the day.**



15.15 - 15.45

**Julie Jones: Changes Forever** Healing relationships, providing growth & nourishment of the human soul and spirit

'A little bit of Sunshine with Julie Jones'

Julie is the Founder and inspiration behind [Changes Forever](http://Changes Forever) - an organisation growing into THE place where individuals

know they can move forward, when they are ready, into the sunshine after difficult times.

A warm welcome awaits you...

[www.changesforever.com](http://www.changesforever.com)

