

Masterclass

SEMESTER TWO > 2018



Mt Helen

Monday 13 August
12.00–1.00pm

Caro Centre
Studio 3

Berwick

Monday 6 August
12.00–1.00pm

Room: 903-G80

Peace Lab

Elva Zhang is the Founder & Chief Experimenter of peace Lab (www.peacelab.com.au), a purpose-driven start up that is committed to cultivating deeper self-understanding and self-connection to create more well-being and reach greater human potential. At its core, Peace Lab synthesises ancient wisdom and philosophy with contemporary science theories as a unique agent for positive change, and uses various experiential mediums such as meditation, play and laughter yoga to curate fun and meaningful workshops.

Peace Lab was born out of Elva's own experiences dealing with stress, anxiety and negative self-talk, initially as an international student studying in a foreign country and then as a lawyer working in highly stressful jobs.

Session Content and Learning Outcomes

The Experiment of Non-Doing/Being
In today's fast-paced world, many of us have developed a tendency of constantly doing things. In this process of striving, competing, and doing, somehow we seem to find more comfort in always being 'busy' instead of finding time to truly relax, or just be. Yet, are we human Doing or human Being?

This workshop is specially curated for students who aim to be high achievers and high performers at study or work, but in particular those who are deep thinker exploring innovative way to reach higher potential.

Facebook ([peace lab](https://www.facebook.com/peace.lab)), on Instagram ([peacelab.au](https://www.instagram.com/peacelab.au)) and on LinkedIn ([Peace Lab](https://www.linkedin.com/company/peace-lab))

Register Mt Helen
www.eventbrite.com.au/e/48320097713

Register Berwick
www.eventbrite.com.au/e/48320133821

The Masterclass series is FREE for all current students and staff

To find out more, contact the Student Development and Community team:
development.studentengagement@federation.edu.au | federation.edu.au/student-development