



WELLNESS CONFERENCE “HAPPINESS, A MYTH OR A NATURAL STATE OF WELL-BEING?”

Yacht Club de Monaco

June 5th 2024, 16:00-21:00

Meeting room Quay Level

Participation: €90/pers INCLUDING DINNER*

For reservations please contact: [+377 93 10 63 00](tel:+37793106300) / membres@ymc.org

On Wednesday June 5th we will host our first Wellness Conference “Happiness, a myth or a natural state of well-being” in collaboration with Emerald Counseling. (www.emeraldcounseling.ch)

Introduction

The search for **happiness** is a timeless and universal quest that has intrigued humans for millennia. It is a fundamental part of our human experience that can be elusive and complex. At the heart of this quest lies the desire to lead a meaningful and fulfilling life, to find harmony within oneself, and to cultivate a sense of well-being that extends beyond mere material possessions.

Our holistic approach to well-being emphasizes the interconnectedness of the various dimensions of our existence such as the spiritual, emotional, intellectual, and physical. Through this shared exploration, individuals gain a renewed **sense of purpose, clarity, and inspiration** as they continue on their individual paths toward a more fulfilling and **balanced life**.

By integrating various Life Coaching, Counseling and Art techniques during the conference, the power of introspection, creativity, and mindfulness will be stimulated.

This conference is open to anyone who is interested in self-development, personal growth and to meet like-minded people in the familiar setting of the Monaco Yacht Club.

Topics of exploration:

- Creating personal well-being and shaping one's inner and outer reality.
- Achieving self-worth and value through inner balance.
- Exploring archetypes and their influence on limitations and possibilities.
- Understanding the impact of belief systems on our reality, and methods for healing and support.



Conference Agenda:

16:00 start of the conference: Short presentation of the speakers and the how the conference will proceed.

16:10 Lien Simcic: *Holistic Counselor, Soulologist and Educational Pedagogical Coach at Emerald Counseling*

- How can I be the **creator of my well-being**? How does my inner reality create my world? Inner feminine and inner masculine aspects explained.
- **Neuro linguistic programming**: understanding how trauma and belief systems are stored in our brain, their impact on our reality and how they can be healed into supporting us instead of sabotaging the desired reality.
- **Meditation**: inner marriage between the masculine and feminine.
- Moment of sharing and interpretation.

17:30 – 17:40 short break

17:40: Angelika Khon: *Life Coach and Communication Expert at Emerald Counseling*

- **Fundamental components of Well-Being** -“ Four Treasure Chests”: spiritual, intellectual, emotional and material. How to reach balance within and between the “chests”?
- Confidence grounded in wisdom: genuine understanding of oneself, of others and of the world.
- How to **minimise the occurrence of stressful circumstances** in life?
- **Coaching Exercise**: Wellness Wheel Assessment

18:40 Anastasia Loginova: *Cultural Producer, Curator and Artist.*

- **Spirituality and Wealth**: What stands in the way to reach breakthrough? Personal Story

19:30 - *Dinner with further conversation regarding interested topics.*



The valuable and practical knowledge participants will acquire at the Conference:

Lien Simcic's lecture and meditation address important questions such as:

- Why do we sometimes experience unexplained emotions?
- Why do we feel stuck and unable to progress despite our intentions?
- Why do we experience feelings of guilt and shame?
- How do we cope with fear when we can't recall its cause?
- What is the healing process after a traumatic experience?
- What is trust, and how can we rebuild it within ourselves?
- How does self-care improve our relationships?
- How does our self-expression affect our self-perception and environment?

Angelika Khon's presentation and coaching exercise:

- Give practical tools, which can be used day by day to improve the quality of life.
- Encourage the individuals to see their flaws, insecurities and mistakes as part of their beauty and opportunities.
- Help people to cope with stress and foster positive relationships with others.
- Empower participants to be and feel more confident.
- Explain a conscious audit of one's well-being and steps to make positive changes.

Anastasia Loginova's personal journey:

- Provides a relatable example that serves as inspiration to those who are facing similar challenges.
- Presents Spiritual Power of Art as a tool to tap and express deepest emotions and thoughts.
- Fosters the sense of authenticity and trust within the community.
- Breaks down the stereotypes and prejudices about wealth.



Conference speakers:



Lien Simcic is a Holistic Counselor, Soulologist and Educational Pedagogical Coach, co-founder of the company Emerald Counseling (www.emerald counseling.ch) based in Lugano, Switzerland.

Lien specializes in various techniques that can help you uncover your life purpose and embark on the path that will enable you to reconnect with your inner truth.

Through individual sessions of Life Coaching & Counseling and group workshops, she helps her clients to find their inner balance by liberating themselves from the conditionings that limit them from living a more fulfilling and happy life.

She also specialises in working with children, parents and educators to help children grow up free from conditionings while receiving the needed support to become self-conscious adults aware of how they want to live their lives to be most successful.

«Life is about becoming aware of our potential, learning how to live it, and being aware of who we are and what we need to feel good.» - LS

Angelika Khon is a Life Coach and Communication Expert, Co-Founder of the company Emerald Counseling (www.emerald counseling.ch) based in Lugano, Switzerland.

Specializing in both individual and group settings, Angelika leverages her diverse background in international relations, business management, and financial communication to offer a 360-degree Life Coaching approach. She engages her clients in comprehensive brainstorming, ensuring that every angle is explored, whether in personal or professional areas. Such method not only broadens perspectives but also opens doors to previously unseen opportunities, fostering courage and confidence along the way.

Beyond her work with adults, Angelika is also committed to the younger generation. She collaborates closely with adolescents and their parents, emphasizing the importance of early developmental support. Through her dedicated efforts in this field, she aims to equip young individuals with the resilience, wisdom, and grace needed to navigate the challenges of transitioning to adulthood.

Angelika's strength lies in her ability to nurture the inherent power within her clients, guiding them to become more fulfilled and happier, inspiring leaders.

« Every person has the potential to shine brightly, my job is to ignite that spark! » - AK.





Anastasia Loginova is a Cultural producer, Curator and Artist with a keen interest in holistic and spiritual practice. She is based between Monaco, Moscow and Cyprus.

Until 2023, she was Vice Director at the ArtScience Interfaculty Royal Academy of Art, The Hague, The Netherlands and Associate Curator at ARTPORT_Making Waves, an international curatorial collective focusing on climate action, sustainability and The Ocean. She has worked with various large-scale organisations including Olafur Eliasson Studios GmbH, Art Basel Miami Beach, 1:54 African Arts Fair, Frieze Art Fair London, the Antarctic Biennale, Venice Biennale, Faena Arts Center, Buenos Aires, MoMA PS1 and ISCP International Studio & Curatorial Program, New York.

Her strengths lie in curating and facilitating exhibitions and events as well as bring people (and beings) together. Her mission is to facilitate international exchange on a global scale linking like-minded individuals, projects and urgencies together, in which she sees herself as the necessary catalyst.

More recently she has delved into self-development and healing - as everything starts from and is a reflection of the Self. Through her personal journey of self-growth, she inspires others to do the same (and not take themselves so seriously, at times). Her all-time favorite research topics are Goddesses and the Divine Feminine.

« If you can imagine it, you can achieve it » - AL