



What Women Want

Evidence-Based wellness, health, entrepreneurship, networking and self-development weekend retreat.

Date/Time:

9am Saturday, 11 July 2026

4pm Sunday, 12 July 2026

Location:

The Rose Garden Shangri-La
132 Male Road
Caboolture

Our Speakers:



Joey Toutounji
Keynote Speaker
Entrepreneur



Liz Pickworth
MC



Dr Rachel Wiper
GP Women's Health



Larni Mailer
Local Entrepreneur



Georgia Constantinou
Clinical Psychologist



Helen Rose
First Nations Founder



Dr Hilary Lindberg
Clinical Psychologist
& Sexologist

Program.

“It’s ok to take time out to recharge, rebalance and take care of YOU.”

Day 1

9:00 AM
9:30 AM

Registration and
Networking Breakfast.

09:30 AM
10:00 AM

Opening Keynote Address
Building Resilience &
Evidence Based Wellness.

10:00 AM
10:45 AM

Keynote. The Power of
Purpose with Joey Toutounji.

10:45 AM
11:15 AM

Networking Break
& morning tea.

11:15 AM
13:15 PM

Self-defence session 1.
Fierce Females or Yoga.

1:00 PM
2:00 PM

Networking Lunch.
Grazing table

2:00PM
3:30 PM

Freeing yourself from
Guilt, People Pleasing and
Imposter Syndrome with
Georgia Constantinou.

3:30 PM
5:30 PM

Self-defence session 2.
Fierce Females or Yoga.

3:30 PM
4:00 PM

Afternoon tea.

06:00 PM
08:00 PM

Dinner - Middle Eastern
Banquet.
Chocolate fondue station.

8:00 PM
11:00 PM

Silent Disco.

Program.

“Feel free to wake up early, watch the sunrise, meditate, journal or just BE.”

Day 2

08:00 AM
08:45 AM

Breakfast buffet.

08:45 AM
09:15 AM

Breathwork and meditation.

09:30 AM
10:15 AM

Embracing failure, believing in yourself and just 'going for it' My journey as a First Nations Founder with Helen Rose.

10:15 AM
10:45 AM

Morning tea.

11:00 AM
12:00 PM

Loving yourself at every size. Body image and the power of the sisterhood with Larni Mailer.

12:00 PM
01:00 PM

Paella station lunch.

01:00 PM
02:00 PM

Women's health fireside chat perimenopause, menopause and sexual health and living longer with Dr Rachel Wiper.

02:00 PM
03:00 PM

Making relationships and intimacy work. Q&A session with Dr Hilary Lindberg.

03:00 PM
03:30 PM

Afternoon tea
Spanish sweets.

04:00 PM

Closing address.
Weekend concludes.

Speaker Bios



Joey Toutounji

Founder & Head of Education
COM Marketing
Contestant The Amazing Race Australia
Keynote Speaker

With a lifelong passion for fitness and wellness, Joey Toutounji affectionately known as Feel Good Joey has built a dynamic career inspiring others to live well, think positively and confidently share their message. She co-authored a health-focused book combating childhood obesity and launched her own business Kids4Life, an Aussie kids rock band promoting healthy living to thousands of kids in Australia and New Zealand.

Joey also created and hosted her own fitness and wellness TV show, Feel Good TV as seen on Foxtel and online. Today, through her business COM Marketing, Joey empowers fitness studio and wellness business owners to master their marketing, build confidence and grow their business. With a mission to help fitness businesses connect with their communities, gain clarity in their messaging and become true "Marketing Ninjas," Joey believes that as businesses thrive, so too do their communities creating a ripple effect that contributes to a healthier Australia.



Dr Rachel Wiper

Founder, Brisbane Menopause Clinic
Dr Wiper is a Menopause Doctor and GP. She is passionate about providing quality care for women as they journey through the perimenopause, menopause and beyond, not only treating troublesome symptoms, but helping women to age with optimal health and wellness.



Helen Rose

Founder & CEO
Helen Rose, a proud Jinibara, Bigambul, Kuku Yalanji, Ewaniem, and Cobble Cobble woman living in beautiful Brisbane, Queensland. As a wife, mother of four, and passionate business owner, my journey is deeply rooted in family, culture, and the pursuit of natural healing.



Larni Mailer

Larni is an entrepreneur with over 25 years in business, opening her first venture at 21 and now proudly leading Fernwood North Lakes and Morayfield - thriving all-female communities built on strength, confidence and genuine connection. She also consults to women in business seeking support and growth, and is deeply passionate about creating spaces where women feel seen, supported and celebrated at every size and every stage. Her journey has been shaped by both leadership and profound personal adversity. In 2021, her daughter Arlo lived for 23 hours and 23 minutes before passing away - a loss that transformed Larni's perspective on resilience, gratitude and the power of vulnerability. She believes heartbreak is a universal thread that connects us, and that when women share their stories and stand together, they build a foundation strong enough to rebuild from anything.

Speaker Bios



Georgia Constantinou

Founder & Clinical Psychologist
Mama Momentum

We strip away the Motherhood and Women Myths, align you with YOUR actual values, not the values of society or any other BS you've picked up along the way. We give you the tools and strategies to prioritise yourself to prevent burnout and allow you to become the amazing mother and woman you already are, but can actually BE when you're feeling refreshed, rejuvenated and supported.



Dr Hilary Lindberg

Director, Clinical Psychologist & Sexologist
Centre for Relational and Sexual Wellbeing. A psychology and counselling practice for relationships, sexual function and overall wellbeing.

Dr Lindberg believes therapy should be tailored to your unique experiences because she recognises that each person's challenges and needs are different.



Liz Pickworth

Founder, Coach & Mediator
Sidelines Advisory & Consulting
Sidelines Resolutions (non-profit)
Rare Stage IV Cancer and Domestic Violence
Survivor and patient advocate.

Passionate about evidence-based health and wellness due to surviving a terminal diagnosis, twice before the age of 38. Liz is equally passionate about conflict resolution and people finding purpose and meaning through relationships.

Instructors



Fierce Females

Self Defence Sessions

A Gold Coast Women's Violence Prevention and Protection Charity

A practical self-defence solution is more than just "punching and kicking". Because what you do before, during, and after the incident dramatically affects the outcome. Physical violence follows definitive patterns and cycles; understanding these allow you to plan, prepare and act in the face of fear and danger.

Our person-centred approach allows us to customise our content to suit our client's specific situations, experience levels and desired outcomes. As a result, we ensure our clients learn how to react and respond to conflicts of all varieties.



Yi Zeng

Founder Connex Yoga Studio

started her yoga journey in 2008 as a way to release the stress from her interior design career. More benefits started to reveal after years of practice.

From 2014, Yi started focusing on Ashtanga Vinyasa Practice. Obeying the traditional Ashtanga System is incredibly effective, which not only transformed her body, but also gave her the ability to maintain a calm state of mind with better focus and awareness. Focus on the integrity and fluidity of movement through the unification of breath.

Menu

Day 1

- Breakfast Banh Mi
- Vietnamese rice paper rolls
- Selection of healthy sweets.

Coffee and drinks by

Banksia & Birch.

- Espresso coffee
- Tea - English Breakfast, Peppermint/Earl Grey
- Iced coffee/matcha lattes/hot chocolates/chai

Lunch

Grazing Table by Spanish Catering Co.

- Berico ham. and salami from Salumi
- Byron Bay Spread.
- chorizo from Salumi Byron Bay
- Manchego cheese from Spain
- Triple cream Brie from Adelaide Hills
- Seasonal fruit
- Homemade dips
- Grissini sticks Sourdough bread from the Social Bread



Afternoon tea

- Range of protein balls and snacks, fruit, juices.
- Muesli bars and yoghurts. Available all day.



Dinner

- Middle Eastern Feast by Fattoush Bayside
- Dessert - Chocolate Fountain, fruit and range of sweets for fondue. Milk and white chocolate.

Drinks

Non-Alcoholic drinks are provided for the silent nighttime disco. Range of still and sparkling wines, juices etc.

Day 2

Breakfast Buffet cooked onsite by Spanish Catering Co

- Scrambled or fried eggs
- Avocado Bowls
- Smoked Salmon
- Buttered Croissants and condiments
- Sourdough bread and butter



Morning Tea

- Range of healthy snacks including fruit.

Lunch

Paella Station cooked on site by Spanish Catering co

- Chicken & Chorizo
- Seafood Marinara



Afternoon Tea

Spanish Sweets by Spanish Catering Co

- Dulce De Luce Flan
- Panna cotta with freeze dried raspberries.

Location, Accommodation, Parking, What to Bring

The Rose Garden Shangri-La - Caboolture

Beautiful garden reception venue is situated approximately 50 kilometers north of the Brisbane CBD. Conveniently positioned mid-way between Brisbane and the Sunshine Coast, it offers easy accessibility while providing a peaceful and picturesque setting. It is beautifully set on a private and secure 5 acres with a Bali hut themed setting, and has lush rose and sub-tropical gardens, creating an enchanting atmosphere.

The venue features an undercover deck that comfortably accommodates up to 50 guests, as well as a spacious dance floor on a jetty that overlooks a serene private lake, complete with a majestic 3-metre high fountain. Additional amenities include a cozy outdoor firepit, a bar for serving drinks, and a Bali hut style food court. There is also ample off-street parking on our property that is both private and secure, with convenient vehicle access directly to the garden area.

The site is accessible, bathrooms and showers are on site for guests.



The Belle Tent Hire Co

Onsite Glamping. Shared accommodation, two to a tent. If you require your own, tent, please call 0424 794 139.

The Belle Tent Hire Co's Gold package is the no-fuss option for those wanting to maximise the luxuriousness of their glamping tent rental experience. Guests will really feel at home in this luxury tent accommodation option.

Gold package inclusions;

- Fully erected canvas bell tent
- Centre pole lighting
- Floor mats
- Double-height queen or single air mattresses*
- *3m tents include single height, single size air mattress only
- All linens (incl. doona, blankets & pillows)
- Extra comforts (e.g side table, lanterns & cushions)

Bring

- Toiletries
- Comfortable clothes to exercise in. 2 x pairs for self-defence and yoga. Yoga mat, block and blanket.
- Pajamas
- Medications (if any) and change of clothes for silent disco (if needed).
- Business Cards for networking.



Fun things to do

This is one event not to be missed! If you're part of the anti-Goop and sick of pseudoscience in women's health and want to meet amazing women in a beautiful space, this event is for you!

Silent Disco and Bonfire.

Four channels to choose from, with a female DJ, lights and wear whatever you feel comfortable to **dance the night away!**

Network with other women in a supportive, beautiful atmosphere at the Rose Garden Shangri-La.

Build lasting friendships and professional connections, enabling your business to grow. Share ideas, be your best self, be vulnerable and authentic. This is what this weekend is all about.

We care about YOU and want you to feel you can be yourself without any fear of judgment.

As this is an **evidence-based wellness retreat**, all the advice and tips/activities to take home are based on evidence best practice.

We will provide you with a journal to take notes and reflect. When you have a spare moment, journal your thoughts and reflections, take notes in sessions and have fun!

Ask questions, stay hydrated and caffeinated - yes we have the good stuff! And you won't go hungry with all the delicious food over the weekend.

Bring your bestie, or come alone, we encourage you to make friends as these women will more likely be going through the same challenges as you, at home, work and in life in general.

This weekend is all about genuine female connection, health, self-development, entrepreneurship and empowerment.

There are plenty of places to sit to journal, gather your thoughts, chat with other women, or you can retreat back into your glamping tent for a relaxing snooze.



Support local business



<https://commarketing.com.au/>



www.sidelinesconsulting.com.au



<https://www.brisbanemenopauseclinic.com.au/>



<https://040653-3f.myshopify.com/pages/about-us>



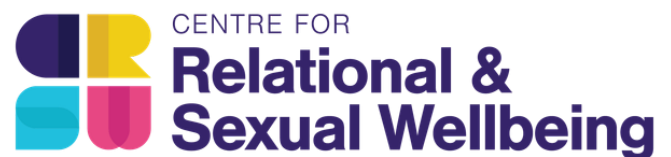
<https://www.fernwoodfitness.com.au/clubs/north-lakes>
<https://www.fernwoodfitness.com.au/clubs/morayfield>



www.mamamomentum.com.au



<https://connexstudio.wixsite.com/murrumbadowns>



<https://www.centriersw.com/>

Sponsorship Opportunities available

If you would like to promote your business at the event, by the way of sponsorship, providing marketing materials and gifts to put in the goodie bags or lucky door prizes to promote your products and services to women across Moreton Bay, get in touch with Sidelines Advisory & Consulting at hello@sidelinesconsulting.com.au or call 0424 794 139.

We are looking to promote Moreton Bay as a key destination for evidence-based wellness, and retreats.

Donations

We encourage charitable to donations to a range of charities. One close to the heart of Founder and Managing Director of Sidelines Consulting and Advisory is Rare Cancers Australia as survivor of a rare stage IV cancer and living past a terminal diagnosis as a wife and mother at the age of 38. We all know someone touched by cancer so please support this amazing organisation.
www.rarecancers.org.au

We also encourage you to make a donation to Tribe Social Belonging as their team will be available to help you on the weekend with any issues you may have. They are a wonderful social enterprise based in Moreton Bay.
<https://tribebelonging.com.au/>



Event Pricing

\$1200 for the two days

\$180 for Glamping (shared)

\$360 for Glamping (solo queen bed - these are limited - please call 0424 794 139)

Total: \$1380 for the weekend if shared accommodation.

Total: \$1560 if solo accommodation (limited)

All meals, activities and drinks provided. There is nothing you need to pay for.

Gift Bags and lucky door prizes will be given out on the weekend.

Cancellation Policy

- Written Notification: Cancellations must be received in writing, with the date of receipt determining the applicable fees.
- Tiered Penalty Structure:
 - Early Cancellation (30+ days): Loss of initial deposit (\$500).
 - Mid-term Cancellation (14-30 days): 50% of the total cost (\$750) if shared accommodation
 - Late Cancellation (<14 days): 100% of the total event cost is non-refundable.
- Non-Refundable Deposits: Initial deposits are rarely refunded, acting as a guarantee fee.
- Force Majeure/Postponement: If this event is postponed, you will be advised of a new date and a refund available to you if the date is unsuitable.
- Insurance Recommendation: We advise you to purchase insurance with to cover unforeseen cancellations.