

Day Timeline

15 October 2026

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09:00
10:00

Confidence Blueprint: Building Unshakable Resilience !

[Virtual Events](#), [Workshops Online \(Zoom\)](#)

A live, interactive workshop walking through the Confidence Blueprint framework -- practical tools for handling setbacks, self-talk, and momentum. Includes a live Q&A with C. Lloyd Buchanan.

09:00
13:00

Mental Health First Aid Training

[MHFA Training Online \(Zoom\)](#)