



BETTER
Living
SHOWCASE

Health
Happiness
Wealth

18-19 March 2023

Perth Convention and Exhibition Centre

WELCOME MESSAGE



Welcome to the Better Living Showcase 2023.

Three years of global pandemic has challenged us at every level. From the most fundamental needs (livelihood, health and safety) to psychological desire (friendships, relationships and love), and ultimately self-fulfillment (value, confidence and sense of achievement) identified in Maslow's Hierarchy of Needs.

The Better Living Showcase is designed to inspire our community to make a long-term commitment to living a quality, dignified and balanced lifestyle.

We are offering two days of presentations, keynote speakers, panel speakers, master classes and DIY kitchens, to help you connect the dots in life, to reveal the best version of you.

We are calling it the WA's leading Health, Wealth and Happiness event, because that is "exactly" what it is.

The Showcase and initiative has attracted great energy and many like-minded people who wish to make a difference in life and to our community.

On behalf of Better Living Showcase Organising Committee and Intlang Marketing Team, I sincerely thank all the participating organisations and individuals for your kind support to the Better Living Showcase.

Gloria Zhang

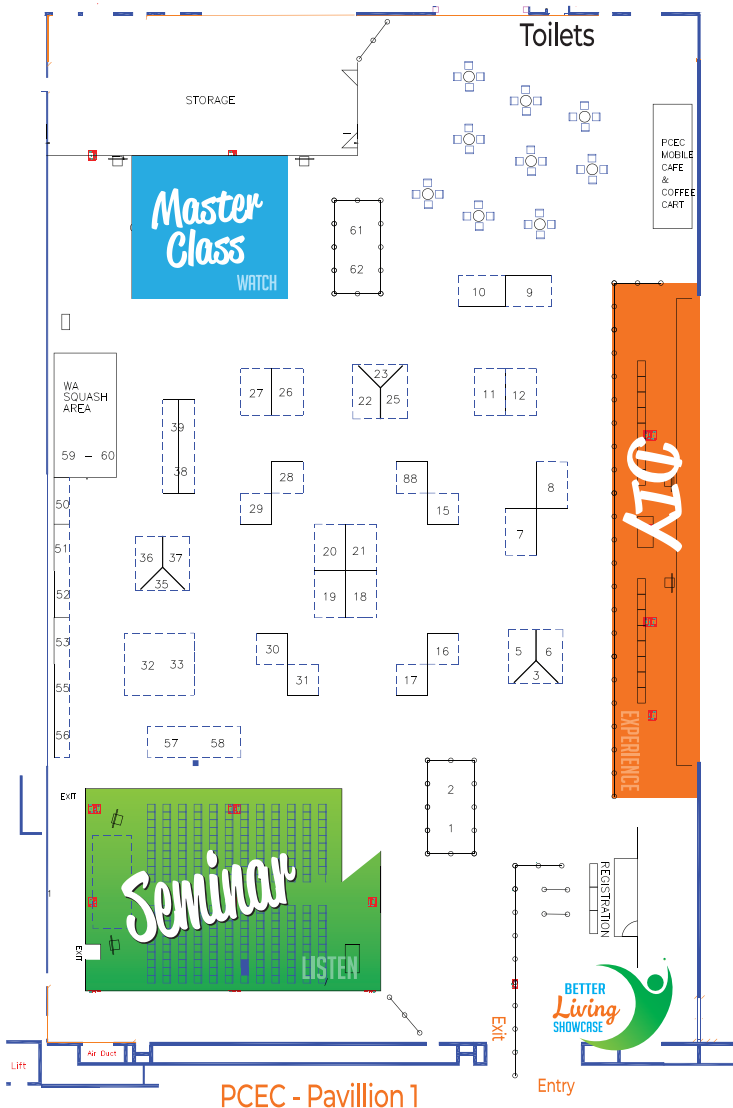
Founder

Better Living Showcase

Intlang Marketing & Corporate Consulting

INTLANG
MARKETING

BETTER Living SHOWCASE



- 1-2 Lifestyle Car Demo
- 3 Intlang Marketing and ICC Training
- 5 EnjoyYourMine
- 6 Resourceful Women
- 7 Australian Natural Biotechnology
- 8 Sin Gin Distillery
- 9 Flexi Kitchens
- 10 Esplanade Hotel Fremantle - by Rydges
- 11 Voice of Hope Aboriginal Corporation
- 12 IQ Wellness Group
- 88 APIWA My Reward Club
- 15 Access 1 Security System
- 16 Mortgage and Financial Solutions Australia
- 17 Trigg Minerals
- 18 Canaccord Genuity Group
- 19 BDO Australia
- 20 Neurotech International
- 21 Intelicare
- 22 Southstead Finance & Iconic Wealth
- 23 Energy Movement Wellness
- 25 WA IT
- 26 The Magic Coat Foundation
- 27 RSPCA WA
- 28 Acu-ease
- 29 Hubbard Dianetics Foundation
- 30 Studio Thimbles
- 31 Perth Wellness Centre
- 32 - 33 Adjusta Mattress
- 35 The Herbal Body
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- 37 Rodan & Fields
- 38 - 39 WA Oriental Culture and Art (WAOCAA)
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- 53, 55 Better Living Showcase
- 56 Tabooze
- 57 - 58 Aboriginal Dot Art - Behind the dots
- 59 - 60 WA Squash Court
- 61 - 62 Lifestyle Car Demo

DAY 1

Saturday
18 March 2023

Seminar

LISTEN

BETTER
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Time	Topic
10.00 - 10.05am	Welcome Message Gloria Zhang, Managing Director and Founder Intlang Marketing (Event Organiser)
10.05 - 10.15am	Opening Speech The Rt. Hon. the Lord Mayor of Perth Basil Zempilas City of Perth
11.00 - 11.15am	Healing Our System Lorraine Pryor, CEO Voice of Hope Aboriginal Corporation
11.20 - 11.35am	Magic Coat to Support Children's Mental Health Diane Wilcox, CEO The Magic Coat Foundation
11.45 - 12.15pm	Keynote Happiness is the Key to Success Julian Pace, CEO & Founder Happiness Co
12.30 - 12.45pm	What is Wellness? Dr. Neil Brodie, Director Perth Wellness Centre
12.50 - 1.05pm	Smarter Investing Lauren Walker, Senior Financial Adviser Canaccord Genuity Financial Limited
1.10 - 1.25pm	Smarter Super Strategies Tim Sullivan, Private Wealth Advisor BDO Australia
1.30 - 1.45pm	Our Electric Vehicle Future and the Role of Western Australia Pete Petrovsky, Director Impact Energy Consultancy
1.50 - 2.20pm	Keynote How to Achieve Contentment and Good Mental Health Iggly Tan, Happiness Coach Happiness Sweeping
2.40 - 2.55pm	Failing to Plan is Planning to Fail. Estate Planning to Protect your Assets Raymond Tan, Director Tan & Tan Lawyers
3.00 - 3.15pm	CyberSecurity; How to Protect your Home & Work Daley Grainger, IT Consultant & vCIO WAIT
3.20 - 3.35pm	MFSA – WA Property and Finance Update Stacey Dragicevich (MFSA) & Rash Dhanjal (The Agency) Mortgage and Finance Solutions Australia
3.40 - 3.55pm	What is EnjoyYourMine and Why Did it all Start? Hazel Duffy, Managing Director and Founder EnjoyYourMine
4.00 - 4.15pm	Health Information in the Media Professor Trevor Cullen, Ph.D Edith Cowan University
5.00pm	Day One Expo Close

Master Class

WATCH

10.25 - 10.30am **Announcement**
Aboriginal Dot Art - Behind the Dots

10.30 - 10.50am
Better Living Showcase Group Dance 1

11.00 - 11.20am
WA Oriental Culture and Art Association Demo

11.25 - 11.40am
"Perth to Paris: One High Kick at a Time"
Portia Secker

12.20 - 12.30pm
Better Living Showcase Group Dance 2

1.00 - 1.15pm
Functional Movement Screen
Perth Wellness Centre

1.30 - 1.45pm
"My Second Chance at Life" Talk
Sonia McNulty

1.00 - 5.00pm
WA Squash (Court Open)

2.20 - 2.35pm
Zumba Gold Group Dance

2.45 - 3.00pm
WA Squash Coaching

3.15 - 3.30pm
Gyrokinesis - Video

4.15 - 4.30pm **Day One Prize Draw**

5.00pm **Day 1 Close**

DIY

LEARN

DAY 1

**Saturday
18 March 2023**

10.30 - 11.30am
Latte Art

12.00 - 1.00pm
Sushi Rolls

1.30 - 2.30pm
**How to Make Dumpling
from Scratch (part 1)**

3.00 - 4.00pm
Alcohol-free Cocktail

Register Now!

LIMITED SPOTS AVAILABLE

\$5 per person
per class

**VISIT THE REGISTRATION
DESK FOR BOOKINGS**

DAY 2

Sunday
19 March 2023

Seminar

LISTEN

BETTER
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Time	Topic
10.00 - 10.05am	Welcome Gloria Zhang, Managing Director and Founder Intlang Marketing (Event Organiser)
10.05 - 10.15am	Opening Speech Dr Jags Krishnan, Parliamentary Secretary to represent the Hon. Sue Ellery MLC Minister for Finance; Commerce and Womens' Interests
10.15-10.25am	Hon Kyle Owen McGinn MLC Parliamentary Secretary to the Minister for Regional Development; Disability Services; Fisheries; Seniors and Ageing Representing Hon Don Punch MLA
11.00 - 11.15am	Get into Mining Dani Tamati, Managing Director Resourceful Women
11.20 - 11.35am	The Evolving Smart Care Landscape: How Technology is Helping keep Individuals and Organisations Fighting Fit. Daniel Pilbrow Intelicare
11.45 - 12.15pm	Keynote Happiness is the Key to Success Julian Pace, CEO & Founder Happiness Co
12.30 - 12.45pm	What is Wellness? Dr. Neil Brodie, Director Perth Wellness Centre
12.50 - 1.05pm	Our Electric Vehicle Future and the Role of Western Australia Ron Mitchell, Managing Director Global Lithium
1.10 - 1.25pm	The Global Sustainability Movement Sarah Melville-Maguire, ESG Senior Analyst ESG of BDO Sustainability, BDO Australia
1.30 - 2.00pm	Keynote How to Achieve Contentment and Good Mental Health Iggy Tan, Happiness Coach Happiness Sweeping
2.30 - 2.45pm	Bringing Hope to Patients With Neurodevelopmental Conditions Alexandra Andrews Ph.D Neurotech International
2.50 - 3.05pm	How to Save Money on Accommodation and Travel Linda Ross, CEO API WA (Australian Post-Tel Institute Inc)
3.10 - 3.25pm	Home Ever After Louise Lower, RSPCA WA Executive Manager Media Marketing & PR RSPCA WA
3.30 - 4.00pm	PANEL SESSION - Transforming Lives Patria Jafferries - National Telstra Businesswoman of the Year in 2000, Chair, CEO, Mentor, Senior Executive Jenny Cole - Positively Beaming, Leadership Developing & Coaching John Poulsen - People Passion Performance, Executive Coach, Strategist and Facilitator of Transformation Christina Morrissy - Local TV Host, Radio Presenter, Journalist, Panel Facilitator
5pm	Day Two Expo Close

Master Class

WATCH

10.25 - 10.30am **Announcement**
Aboriginal Dot Art - Behind the Dots

10.30 - 10.50am
Better Living Showcase Cardio Dance

11.00 - 11.15am
"Perth to Paris: One High Kick at a Time"
Portia Secker

11.20 - 11.40am **Gymnastics for Fitness Demo**

12.20 - 12.40pm
WA Oriental Culture and Art Association Demo

12.50 - 1.10pm **Tai Chi Master Class** Seven Stars Tai Chi

1.15 - 1.30pm **Clinical Pilates** Perth Wellness Centre

1.00 - 5.00pm **WA Squash (Court Open)**

2.05 - 2.25pm
Industria Performance Master Class
Industria Performance Group

2.45 - 3.00pm **WA Squash Coaching**

3.05 - 3.30pm
Energy Movement Wellness Master Class

3.40 - 4.00pm
Be the Cause Over Your Own Happiness in Life
Hubbard Dianetics Foundation

4.15 - 4.30pm **Day Two Prize Draw**

5.00pm **Event Close**

DIY

LEARN

DAY 2

**Sunday
19 March 2023**

10.30 - 11.30am
Latte Art

12.00 - 1.00pm
**How to Make Dumplings
from Scratch (part 2)**

1.30 - 2.30pm
Chefing Secrets

3.00 - 4.00pm
Alcohol-free Cocktail

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\$5 per person
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DESK FOR BOOKINGS**