

Middleton College Parent Teacher Association (MCPTA)

Annual General Meeting

AGM

Tuesday 22 September 2015 - 7pm

Assembly Hall

Agenda:

- 1) Welcome
- 2) Apologies
- 3) Minutes
- 4) Matters arising from the minutes
- 5) Treasurer's Report
- 6) Chairperson's Report
- 7) Principal's Report
- 8) Election of Committee Members
- 9) Any other business AOB

Tea – while elected committee got to the library to elect officer positions

10) SPEAKER – MAHAYANA DUGAST – RESILIENCE TRAINING FOR YOU & YOUR CHILDREN

Mahayana I. Dugast, Ph.D., author, was born in Chamonix, France. She has practiced mindfulness, natural healing and many self-development methods for the past 30 years. She trained with many leaders (Dip. Tony Robbins Institute), and specializes in Mindful Leadership and Breakthrough / Resilience Training for Individual and Corporate / Academic Success.

Mahayana has been living in Ireland for the past 20 years, and has shared her work in China, USA, Hawaii, Germany, France, Ireland and Northern Ireland. Her unique method "Connecting the DOTS™" reflects the fundamental essence of integrated daily, practical, self-awareness, and tools and processes to transform our mindset, and access the resources and resilience that are already within you. She is the mother the three, and grand-mother of one.