

# Change dialogues at upcoming Festival of Learning

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SACAP (the South African College of Applied Psychology) has announced that the seventh annual [Festival of Learning](#) will be held in Johannesburg on 17 and 18 May, and in Cape Town on 24 and 25 May 2018.

With this year's political transformations raising the hopes and expectations of the Nation, the Festival aims to ignite valuable conversations around the theme, **'The Power to Create Change'**. The programme of interactive talks and panel discussions is aimed at exploring how the fields of psychology, counselling and coaching can lead to individual and group transformation for the betterment of society. The Festival of Learning breaks with tradition when it comes to presentation format by focusing on generating dialogues and conversations that directly and meaningfully connect the festival-goers and presenters.

Leading academics and experts, thought leaders and authors will be guiding a variety of dialogues across a wide variety of topics that explore the individual's power to create change in their own life,

family, community, workplace and country. Conversations will range from the latest on single parenting and blended families to new perspectives on human sexuality and gender, as well as pioneering initiatives to handle drug use and addiction. Coaching dialogues will include cutting-edge views on themes such as mindfulness, emotional intelligence, the flow state, leadership, behavior change, virtual coaching, cancer coaching, neuroscience and the roadblocks to change.

For the first time, the 2018 Festival of Learning programme will also include two panel-driven discussions. The Johannesburg panel discussion will focus on the relevance of psychology in South Africa and in Cape Town the theme is "Feminism, Sexuality and Mental Health".

In line with the Festival of Learning's focus on generating significant conversations, a highlight of both the Johannesburg and Cape Town programmes will be the hosting of a Human Library. This innovative concept to inspire challenging, change-driven dialogues involves volunteers serving as books; and 'reading' them takes the form of conversations. This will be the first time a Human Library will be staged in Johannesburg. The books represent social groups who face prejudice, stereotyping and stigma, or who have endured experiences that are hard to talk about. The Human Library creates a safe space for their stories to unfold. Difficult questions and commentary from the 'readers' are expected, appreciated and encouraged in order for an authentic exploration of the 'titles', which can range from social status to sexuality, health to



trauma and loss, religion to politics.

## **The 2018 Festival of Learning hosted by SACAP:**

***Johannesburg, 17-18 May***

**Venue: SACAP Campus, Rosebank**

**Times: 17 May from 5:30pm to 8:30pm / 18 May from 9am to 5pm**

**Human Library: 18 May from 11:00am to 3pm**

***Cape Town, 24-25 May***

**Venue: SACAP Campus, Claremont**

**Times: 24 May from 5:30pm to 8:30pm / 25 May from 9am to 5pm**

**Human Library: 25 May from 11:00am to 3pm**

Tickets for the 2018 Festival of Learning are available through [Webtickets](#). Costs are R200 for the full-day programme, which includes dialogues, panel discussion and the Human Library. Tickets for the short-talk evening programme, which includes catering and networking opportunities, are also R200. There is a special offer for students at R80 per ticket.

For further information please visit: <http://go.sacap.edu.za/psychology-festival>

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