



# Gold Onyx United

## Presentations, Seminars, Services, Workshops, Group & Individual Sessions

Gold Onyx United commenced in September 2013 and was formerly known as 'Gold Onyx Freelance Service'. In January 2014 the service was renamed 'Gold Onyx United' due to the positive partnerships forged with individual who have a desire to deliver quality services to members of the community.

Gold Onyx United has a team of competent Session Leaders who deliver a range of quality Presentations, Seminars, Services & Workshops at affordable cost where you'll receive great value for your money and each service delivered by Gold Onyx United can be tailored to suit the need for individuals, groups or organisations therefore you are advised to explore your full requirements when arranging to book with us.

Gold Onyx United currently provides the following:

---

'Feel Free To Celebrate Yourself' workshop is an interactive group session that has four meaningful aims.

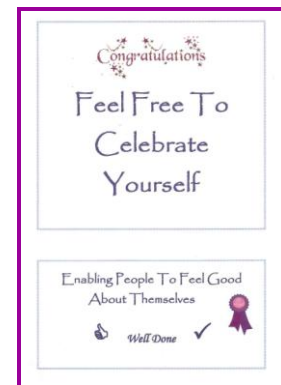
1. To enable participants recognise their achievements
2. To help participants to explore ways of making positive choices in their development which will help them make short and long term goals for themselves
3. To enable participants to motivate, educate and elevate themselves
4. To enable participants to 'Celebrate' themselves

**Group Size: 14 Persons**

**Duration: 1 Hour**

**£30.00 Per Hour**

### Feel Free To Celebrate Yourself



---

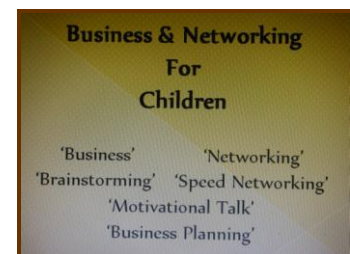
'Business & Networking For Children' is a workshop for children as young as five years of age. It is designed for children whose parents/guardians are in business. It helps the child to gain a greater understanding of what 'Business & Networking' is, also what role they can play to help out.

**Group Size: 14 Persons**

**Duration: 1 Hour**

**£30.00 Per Hour**

### Business & Networking For Children



---

'Oware Board Game' is an arithmetical game of strategy and is the oldest game in the world dating over 7000 years and is of Akan origin [Ghana]. Oware means 'It Is A Life-Long Affair Still Bearing On Marriage' or 'He/She Marries'. It is known to be the national game of Ghana and is played throughout West Africa, the Caribbean and even in Arabic countries.

**Group Size: 14 Persons**

**£35.00 / £25.00 Per Hour**

### Oware Board Game



---

'Guided Meditation For Children' is a service which gives children of all ages the opportunity to get in touch with their souls. Our workshops cover subjects such as Calm and Relaxation, Self Improvement and Pre-Exam Meditation. Meditations can also be tailored to suit individual needs. Meditation is especially beneficial to SEN children and those who are mentally or physically challenged as it teaches them how to focus their minds and find peace within.

**Group Size: Any amount**  
**£50.00 Per Hour**

---

## Guided Meditation For Children

Image To Follow

Everyday life can have a vast impact on our mind and body, causing most of us at some point to suffer with muscle and joint fatigue. This is an indication that our body needs some 'Tender Loving Care'.

A massage can help with; anxiety, stress, depression, removal of toxins, improves circulation and aid digestion, it can also alleviate symptoms relating to Multiple Sclerosis, Sickle Cell and Lupus. Thus giving an experience of well-being, a healthy glow, improved flexibility and a positive frame of mind which is a given. Why not reap the benefit of a therapeutic massage by booking an appointment.

Currently this service is only for women

**£45.00 - 1 Hour**  
**£30.00 - Half An Hour**  
**Concessions Available**

Massages are available to both Men and women at Exhibition Stands

**Head Massage [5 Minutes] ~ £5.00**  
**Shoulders Massage [5 Minutes] ~ £5.00**  
**Head & Shoulders Combined [10 Minutes] ~ £8.00**

---

## Colour Me Purple Therapeutic Massage



Professional Filming & Photography Service. 'We Capture Everything' on camera [Still or Motion] so that your events can be cherished for many, many years to come.

- Services**
- Christenings
  - Birthdays
  - Graduations
  - Weddings
  - Anniversaries
  - Funeral
- Rates vary depending on assignment, location and duration
- 

## Zapmedia UK



Operation Sankofa: 'I want one just like me!' uses Black Dolls in an interactive style of storytelling! The group session suits both adults and children in informal as well as more structured settings. The workshop aims to:

- Celebrate and promote 'Black Dolls'
- Show how dolls may be used in storytelling
- Encourage self-expression and celebrate cultural pride
- Highlight the importance of enhancing self-esteem and identity amongst children of African / African-Caribbean Descent

**Group size: 12 persons (minimum)**  
**Rates: Vary depending on assignment, setting and duration**

---

## Operation Sankofa Storytelling & Black Dolls



---

The emphasis of the '**Understanding Marcus Garvey**' ~ Preparing Children & Young People For 'Business' workshop is to enable Children & Young People to embrace 'Business' as a daily way of life. 'Business' is very important when it comes to 'Nation Building'. This '**Understanding Marcus Garvey**' workshop is particularly for

- Children & Young People who want to explore the possibilities of running their own business
- Children & Young People who have parents that run their own business

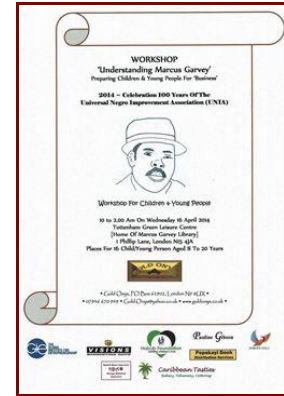
A Parent/Guardian will need to attend

**Group Size: 30 Persons**

**Duration: 4 Hour**

---

**'Understanding Marcus Garvey' ~  
Preparing Children & Young People For  
'Business'**



---

**Gold Onyx United is growing**  
So revisit this page from time to time to see our additional services  
Also See Our  
**Gold Onyx Community Engagement Projects**

**Remember Not To Forget!!!**

---

♦ Gold Onyx, PO Box 62902, London N9 8UX ♦ 07946 670 949 ♦

♦ Gold.Onyx@yahoo.co.uk ♦ www.goldonyx.co.uk ♦

1 August 2013

Updated - 10 July 2014