



# DARE2B PROGRAM 2016

Date: Thursday, 28th July 2016—Time: 9am to 1pm

Venue: Kingston Town Hall, Nepean Hwy, Moorabbin

To register - P: 8354 0829 or E: [office@stride.org.au](mailto:office@stride.org.au)

Further info: [www.youthconnect.com.au/dare2b/](http://www.youthconnect.com.au/dare2b/)



WHITELION  
courage to grow



Open Family Australia  
- because the world is



STRIDE  
Positive steps for young people



Beyond School

Mind Body  
& Soul



EXPLORE  
DARE2B



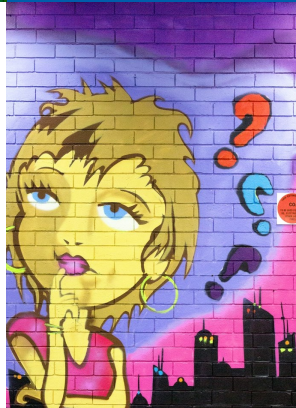
You Can  
Be A Hero



5 Minute  
Chef



Get Me out  
of Here



WHEELLY  
GOOD  
COFFEE



Shoot  
for Goal



Presenters pictured from top:  
Rachael Kable - Wellness Coach  
Dylan Ruddy - Journalist  
Jennifer Whitten - Artist  
Indigenous Hip Hop Project - Dance Crew  
Sharin Milner - Professional Basketballer

Bought to you by Whitelion Inc



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# 2016 DARE2B PROGRAM GUIDE

**08.45am** Arrive for 9am Start  
**Guest Speaker - Nathan Hulls**  
**10:00am** Workshops Choice 1  
**10:45am** Morning Tea (provided)  
**11:00am** Workshops Choice 2  
**11:45am** Workshops Choice 3  
**12:30pm** Final Act—Indigenous Hip Hop Projects  
**1pm** Finish



## Workshop 1



### SHOOT FOR GOAL

How to balance school, family, friends and sport and shoot for your goals. Hear from a group of sporting professionals. Hear their journey and how they balanced school, jobs and doing the things they love. And how you can too!

#### PRESENTERS

Sharin Milner—Basketballer  
 Eli Evans—Aust Rally Car Driver  
 Adam Schneider—AFL Player

## Workshop 2

### YOU CAN BE A HERO

#### Emergency Services Real Life Stories

Ever thought of working within the emergency services industry area? This workshop will show you that anything is possible including challenges and positive impact this work has on the community.

#### PRESENTERS

Greg Fenech—Fireman  
 Jason Tosch—Paramedic  
 Sarah O'Neill—Victoria Police

## Workshop 3



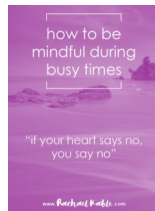
### DARE2B JOBS

Ever thought of going for a job out of the ordinary? Something fun, creative or risky? Come along and listen to these inspiring people who have done this for a living. You'll hear their stories, how they got to where they are and the struggles along the way. If you are considering a job that you think is not the norm come down to hear the speakers give you the tools you need to make this a reality!

#### PRESENTERS

Carlie Christie—Makeup Artist  
 Stig Wemyss—Film Producer  
 Dylan Ruddy—Journalist  
 Jennifer Whitten—Artist

## Workshop 4



### WELLNESS—MINDFULNESS & YOGA

Do you have a life full of stress, self-doubt and fear and don't know how to change it. Do you spend way too much time dwelling on the past and things you can't change, and worrying about the future. Instead of letting your life pass you by, come and learn about **mindfulness**, living in the moment and awakening to experience. **Presenter: Rachael Kable, Wellness Coach** [www.rachaelkable.com](http://www.rachaelkable.com) and **Hannah Engel, Yoga Teacher**

## Workshop 5

### 5 MINUTE CHEF—'Cause you're not you when your starving!'

Do you ever come home 'Starving', looking at the fridge or going through the cupboard? And there's nothing to eat? Join our workshop and be shown by a Professional Chef, how to make a yummy, healthy afternoon snack in no time. **Presented by Travis McCauley, Hellenic Republic Restaurant**



## Workshop 6



### SHUT THE DUCK UP

Sometimes your thoughts can hold you back from being the best that you can be. Do you ever have nagging thoughts that you're not good enough? Does your mind ever tell you that you can't really do or be what you want? Come along to hear about how to tell those thoughts to Shut the Duck Up! Then you can do and be whatever you put your mind to. **Presenters Alex Birnberg and Rebecca Smith, Stride**

## Workshop 7

### OPTIONS, CHOICES, CONSEQUENCES

This hands on workshop will give you skills to improve your fitness and self confidence. Hear suggestions on how to deal with your own anger and frustrations. Learn how to increase your self awareness and personal safety skills. **Presenter: Peter Keogh, Tritatics—Emotional Awareness & Self Defence**

## Workshop 8



### BECOME A GLOBAL BARISTA

Imagine being able to work anywhere in the world, whenever you want whilst having fun and meeting new people every day. Well you can stop imagining now because hospitality can turn that thought into a reality! Hospitality is not only a global industry but something that every country has and needs.

**Anthony Chillelli from POSSI** talks about the potential opportunities in hospitality alongside Ross from **Wheely Good Coffee** who will be teaching and demonstrating how to perfect the art of coffee creation.



## Workshop 9

Expo



### CREATE YOUR OWN ADVENTURE

**Presenter: Kyle Williams—Adventurer**  
**Includes EXPO Experience**

Come to hear Kyle Williams, speak about his personal achievements and goals. Find out ways to help you achieve your personal goals.

Then take some time to explore the **EXPO** which brings together carefully selected organisations that will provide information for your **Mind** Careers, Further Education, Volunteering, **Body** Health and Wellbeing, Community Sport, **Support** – Resource providers, Financial management

ABBTf—Bricklaying  
 ATEP—Apprenticeships  
 Apprenticeships Matter  
 Bayide, Glen Eira, Kingston  
 Council Youth Services  
 Bank of Melbourne  
 Bentleigh Netball/Football Club  
 BGK LLEN  
 Dept Of Human Services  
 The Field Trip—Youth Leadership  
 Gamblers Help Southern  
 Headspace

Holmesglen  
 JMC Academy—Digital Media,  
 Music, Film & TV  
 Latitude Global Volunteering  
 MSAC—Sport Facility  
 NECA Education Careers  
 Newskills Training  
 R U OK?  
 Snap—Fitness Gym  
 VACC—Automotive  
 Stride and Whitelion  
 Woolworths

## Teacher PD

### THE POWER OF EMPOWERMENT

For many young people, their ability to successfully navigate school is dependent on their relationships with fellow students and ability to deal with larger issues that impact themselves and friends. When a young person feels secure in their friendship groups they are then able to concentrate more effectively on study and future goals. **Presenter: Daniel Taylor**