



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
 Further info: www.youthconnect.com.au/dare2b/



Beyond School

Mind Body & Soul



EXPLORE
DARE2B

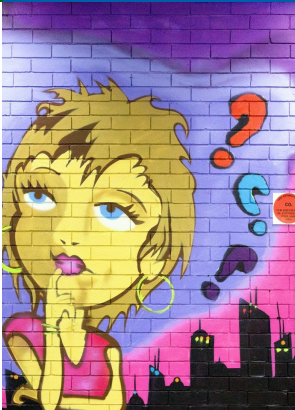


You Can Be A Hero



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
 Jayde Mitchell - Professional Boxer
 Jennifer Whitten - Artist
 Indigenous Hip Hop Project - Dance Crew
 Sharin Milner - Professional Basketballer





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
 Jayde Mitchell—Professional Boxer
 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 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**