



DARE2B PROGRAM 2018

Date: Thursday, 26th July 2018—Time: 9am to 1pm

Venue: Kingston Town Hall, Nepean Hwy, Moorabbin



WHITELION
courage to grow



Open Family Australia
- because life is short



STRIDE
Positive steps for young people



Beyond School

Mind Body
& Soul



Get Me out
of Here



Presenters pictured from top:
 Jordy Lucas - Actress
 Dylan Ruddy - Journalist
 Trent Pirihi - Coach
 Mel Balkan - Social Change Hairdresser
 Indigenous Hip Hop Project - Dance Crew
 Sharin Milner - Professional Basketballer

Proudly bought to you by
 Whitelion Youth Agency Inc. and
 Major Sponsor, APM Employment Services



WHITELION
courage to grow



Contact : 8354 0829 or
 E: stride@whitelion.asn.au
 W: www.youthconnect.com.au/dare2b/



2018 DARE2B PROGRAM GUIDE

08.45am Arrive for 9am Start
 09:00am Special Guests— Keynote Glenn Manton
 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
 Trent Pirih—Personal Trainer
 Adam McKay—Helping Hoops
 Bonnie Toogood—AFLWL

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—MFB
 Simon Hastings—Paramedic
 Victoria Police
 Defence Force Recruiting

Workshop 3

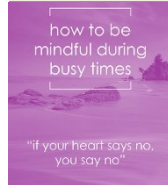


DARE2B JOBS

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
 Penny Lane—TV Presenter
 Michael Pittorino—Booking Agent
 Jake Fraser—Artist/Tattooist
 Jordy Lucas—Actress

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. Try some Yoga moves with **Stefan Camilleri** and find out more about this relaxing but strong form of exercise.

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.

Featuring **Andrew Bruggeman—Head Chef SunnyBoy Restaurant**



Workshop 6

HELPING YA MATE

Seeing a friend struggling with a problem can be really hard! But gaining some simple skills to check in on them can go such a long way towards helping them out and knowing you've made a difference. This workshop looks at picking up on the signs that someone you care about might have a problem, how you can listen most importantly how you can get them connected to the right people if the issue is serious.

Workshop 7

SECURE THAT FIRST JOB!

This hands on workshop will give you tips and tools to snag that first job and follow your career including a mock interview and how to dress for success. Also hear from guest speakers in the retail and trades industry. **Presented by MAJOR SPONSOR—APM Employment Services**

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. Hear about the potential opportunities in hospitality alongside Wheelly Good Coffee trainers who will be teaching and demonstrating how to perfect the art of coffee creation.



Workshop 9

Expo



CREATE YOUR OWN ADVENTURE—includes EXPO Experience

Come to hear guest speakers share their experiences and career paths. Find out ways to help you achieve your own personal goals.

Then explore the EXPO which brings together carefully selected organisations that will provide info for your **Mind**—Career Opportunities, Further Education, Volunteering, **Body**—Health and Wellbeing, Community Sport and **Support**—Resource providers, Gap Year Alternatives. **Facilitated by Rachael Henderson from "the why group" & Guest Speakers Dylan Ruddy, Mahsa Hajjari and Emma Cook**

APM Employment Services	Bentleigh Netball
ABBTF—Bricklaying	Football Club
Aus College of Applied Psychology	BGK LLEN
Academy of Information Technology (AIT)	DHHS—Centrelink
Coder Academy (CA)	Headspace
Defence Force Recruiting	Bayside Youth Services
Holmesglen Institute of TAFE	Kingston Youth Services
Kangan Institute	Taskforce
Deakin University	The Ping Pong
Rustic Pathways	Wear For Success
	Whitelion: Stride Programs



DARE2B Jobs

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Beyond School



Jordy Lucas—Actress

Jordy Lucas is an Australian actress best known for playing the role of Summer Hoyland in Neighbours, from 2010 – 2013.

Jordy was born in Melbourne, Her interest in acting started when she was attending high school and joined a drama group. Jordy had roles on Australian TV shows Blue Heelers and Bed of Roses before landing her dream job on Neighbours in 2009.

After living in LA, Jordy returned to Aust. and now runs a female empowerment/lifestyle blog, SheDoesThis.com. She has a passion for writing, travelling and is currently a third year university student studying a Bachelor of Communications, majoring in journalism and public relations.



Jake Fraser—Artist/Tattooist

Jake is an artist who began tattooing full time in 2005 once he had completed his apprenticeship in Melbourne's outer suburbs.

In 2007 he relocated to the US where he worked in many different studios and conventions across LA, Austin TX and Brooklyn NY. He quickly based himself in Southern California and worked at Sid's Tattoo parlour in Santa Ana.

In 2010 Jake decided to return home where he was offered to join the team at Dynamic Tattoo in Richmond and is now based in St Kilda.

Jake enjoys all forms of traditional tattooing styles and working with clients to create original artwork.



Penny Lane—Managing Director of My Perfect Cosmetics Co.

Also manager of Rockin Direct and a Whitelion Ambassador supporting youth at risk. You may have seen Penny Lane on Morning TV with her range of Beauty Products that she created, My Perfect Cosmetics Company. Penny's products are sold on TV, online, in retail and TV home shopping channels around the world. She is also the founder of Rockin Direct, an international company that specialises in selling third party fitness and beauty products. Penny manages a team of 100+ with offices in Melbourne, the UK and US.

Penny is living proof that hard work and determination is all it takes to transform your life.



Michael Pittorino – Booking Agent & Artist Manager @ Lucky Entertainment

Michael works for Lucky Entertainment an Australian based artist management and booking agency, representing some of the fastest growing talent in the global Dance Music scene and we have a fully fledged team from Booking Agents, Accounts, Travel & Logistics, Graphic Design and more.



Life, Balance, Reaching Goals

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Sharin Milner – Women’s National Basketball League

Australian professional basketball player who most recently played for the Bulleen Boomers in the Women’s National Basketball League.

Milner is 1.62 m (5 ft 4 in) tall and plays as a guard. She was recruited from the Hume City Broncos and played with Troy University in the United States in 1999 before making her debut with the Boomers.

Sharin was co-captain (with Desiree Glaubitz) of the 2010–2011 Bulleen Boomers team that won the club’s first-ever WNBL Championship.

Sharin started her own sports apparel business called Bumblebee Sports in 2008 to support her playing career.



Dylan Ruddy—Journalist, Australasian Dirt Bike Magazine

Dylan works as a journalist for Australasian Dirt Bike magazine. He has ridden dirt bikes since he was ten and had been reading ADB for a few years. He applied for a job after seeing it advertised in the magazine.

He had never planned to be a journalist or work for a dirt bike magazine and had never really thought of it as an option when he finished school.

His job involves writing feature articles, taking photos and videos and riding and testing dirt bikes among other things. No two days are the same and there are always random challenges or opportunities that come along in this type of career.

Adam McKay – Executive Director of Helping Hoops

Adam founded Helping Hoops in late 2009 after seeing an opportunity for participation-based sporting programs for disadvantaged children that focused on using basketball to instil positive values and help children in their lives off the court.

Adam’s Helping Hoops highlight to date is taking a select group of Helping Hoops kids to meet Muggsy Bogues, who was a personal hero of his as a child, and who graciously shared his story of overcoming growing up in public housing, and being shot at the age of five, to become the shortest player in NBA history.



Bonnie Toogood—Western Bulldogs AFLWL

Bonnie Toogood is an Australian rules footballer playing for the Western Bulldogs in the AFL Women’s. Toogood was drafted by the Western Bulldogs with their second selection and eleventh overall in the 2017 AFL Women’s rookie draft.

Born: 8 December 1997 (age 20 years)

Number: 28

Trent Pirih – Strength & Conditioning Coach – Intern University of Wisconsin

Trent’s goals and passion have always been centered around high performance and increasing an individual’s ability to perform at a higher level. Playing semi-professional Rugby League has shown me the length needed to reach a high achievement.

I have worked as a coach in football clubs consulting in strength and conditioning, as a personal trainer in local gyms and travelled to the US to play and coach Rugby League. Most recently I have worked at an addiction treatment centre showing patients the benefit of exercise to assist in the rehabilitation of their addiction.

Trent has recently returned from the US at the University of Wisconsin working with elite collegiate athletes.





Resilience, Wellness, Careers



Balance your journey



Andrew Bruggeman – Head Chef SunnyBoy Restaurant

I have been cooking now for over 20 years. During my career, I have experienced different aspects of hospitality. From working in a CBD laneway cafe, a hatted restaurant, a Michelin Guide rated restaurant in Dublin for 4 years, to running my own business/cafe for 4 years. I am now head chef/partner of SunnyBoy Beach Club restaurant/bar, situated on the Mordialloc foreshore. We serve lunch, dinner and good times.



Stefan Camilleri –Yoga Instructor

Stefan lives and breathes yoga education and his passion for sharing his knowledge has taken him all over the globe including Italy, the U.S, Norway and more. He is currently focussing on running yoga teacher training courses in Indonesia and Perth and turning his teacher training manual into a book. Between facilitating trainings Stefan spends his time living and teaching in Indonesia and spend time every year studying in India in the classical yoga traditions of Hatha and Iyengar with some of the world's best teachers. When Stefan isn't practicing yoga or meditation his favourite hobbies are racing his motorbike and surfing.



Simon Hastings–Paramedic

I was fortunate enough to be raised on a holiday camp in the foot hills of the Dandenong's from the age of 8 through to 22. During that time I was lucky enough to be exposed to many walks of life, professions and experiences. Ive worked as a paper delivery boy, garbo, youth worker, international and local tour guide, waiter, barman, outdoor education instructor, landscape gardner, box maker asparagus farmer and a teacher, just to name a few of my jobs. Now I'm a paramedic. One of my life mottos is "you don't know what you don't know until you know it" and the interesting aspect of that quote is then deciding if you want to know more about what you have just figured out.



Mahsa Hajjari -Donor Relations and Bequest Leader

Mahsa is a business consultant with a diverse background and strong passion for making improvements; whether it's a business process, an individual's career, or running a campaign for a great cause, she is always ready to get involved and help others in finding the best way to reach their goals. She is currently working as the Donor Relations Leader at Whitelion. Website: www.whitelion.asn.au



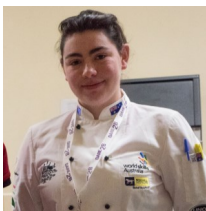
Rachael Henderson—the why group

Whilst being an avid traveller/adventurer I have used my professional and personal life experience to build a career of excellence dedicated to values based workplace cultures. Environments that cultivate growth, businesses thrive and people share their very best selves. Both have taken me across the globe to experience many different cultures while building my muscle every step of the way. I have had the pleasure of being at the forefront of award-winning culture and implementing global quality processes.



Glenn Manton – Motivational Speaker, Author, ex AFL Player

Glenn has been engaging audiences for over 20 years with his unique blend of education and entertainment. A dynamic storyteller Glenn is able to draw upon his vast life experience to move audiences of all ages and backgrounds.



Emma Cook–Chef

Emma Cook is a passionate food lover, Box Hill Inst student and finalist in the Young Chef Olympiad 2017. Emma is currently studying Certificate III in Commercial Cookery, and has always wanted to be a chef. Her passion has been inspired by helping her dad out in the kitchen and then working at her uncle's catering company, as well as participating in the Stephanie Alexander Kitchen Garden Program at Whitehorse Primary School – one of the first schools to take up the program.



Resilience, Wellness, Careers



Balance your journey



Indigenous Hip Hop Projects – Dance Crew

IHHP is a unique team of talented artists in all elements of hip hop, media, entertainment and performing arts, who have been working extensively in Aboriginal communities around Australia since 2005.



APM Employment Services—DARE2B MAJOR SPONSOR

Employment Services provides services to job seekers and employers on behalf of the Australian Government, which are designed to place people into meaningful employment.

We help our clients to become job ready and once employed, remain in employment. We assist employers to find the right employees at no cost to their business and support job seekers in their search for work.

Website: <https://apm.net.au/>



Stride Workshops—Positive steps for young people

Stride has been helping to improve the physical, mental and social wellbeing of young people for over 25 years. Stride wellbeing programs provide young people with essential life skills for now and into the future through workshops focused on relationship and community, resilience, career transitions and school engagement. This equips young people to deal with life challenges and lead to individual self-efficacy, positive community involvement and collective community impact.



Wheelly Good Coffee—Whitelion Social Enterprise

Wheelly Good Coffee is a social enterprise where great baristas are trained and exceptional coffee is served.

Fruit2Work another WL Social Enterprise provides the fruit to DARE2B.

We create opportunities for young people who deserve a second chance!

www.wheellygoodcoffee.com.au



Create Your Own Adventure—Exhibitors





DARE2B bought to you by ...

MC's Tyronne & Maggie

Tyronne and Maggie are energetic and passionate staff members at Whitelion Youth Agency. Tyronne is an Employment Placement Facilitator and works with young people in the Employment Team. Maggie is the Events & Marketing Coordinator working with the Marketing Team.



Whitelion Youth Agency Inc

Whitelion Youth Agency is a leading community organisation that builds tailored services for young people to positively change their lives.

Whitelion offers a range of youth specialist programs across four broad service streams including Prevention, Outreach and Case Management, Mentoring and Vocational Pathways

The DARE2B Conference is part of the Prevention Program and relies on sponsorship to ensure the continuation of the event and to offer the event free to students and school communities.

The limited conference sponsorship we receive is used to supplement the cost of the event. We rely on community organisations and corporate support to continue to run DARE2B. Almost all workshop presenters donate their time and resources to the event.

If you would like to be involved or sponsor DARE2B please contact us at Whitelion: Stride Programs on 03 8354 0829 or Email: stride@whitelion.asn.au

