



EVENT OUTLINE

Melbourne & Geelong 2019

Mind Body & Soul



Beyond School

WHELLY
GOOD
COFFEE



EXPLORE
DARE2B

Annual Youth Conference bringing together health, recreational and careers professionals from the community. Topics include health & wellbeing, training, employment, careers and community engagement.

Tackling
Temptation



5 Minute
Chef



Get Me out
of Here



S T R I D E
Positive steps for young people

Resilience
Relationships
Careers



Cyber Savvy



WHITELION: STRIDE PROGRAM
155 Roden Street
West Melbourne Vic 3003
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2019

OVERVIEW & OBJECTIVES

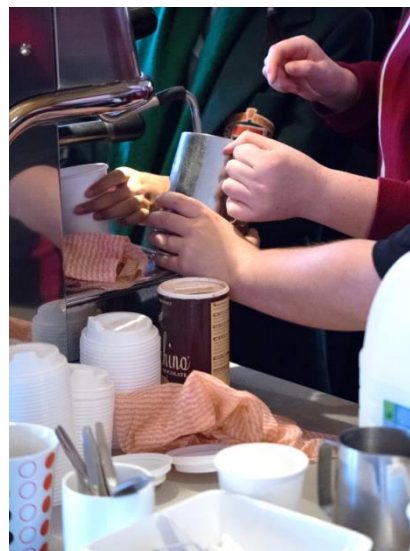
Dare2B Youth Conference provides young people with an opportunity to explore their full potential including education and career pathway options and to link the importance of how a healthy body and mind will contribute to their success

Dare2B aims to inspire young people, encourage them to achieve their full potential and prevent young people from disengaging from education and/or having a negative life experience due to peer and social pressures that can impact their ability to succeed.

The event also celebrates youth culture and the suite of support services which are available to young people in their region. It is important for young people to know what activities and services are available to them. The expo allows attendees to meet and greet service providers.

THEME

"The Conference will bring together health, careers, and recreation professionals from the community sector. Together we will explore the links between the importance of young people having a balance of a healthy mind and body which will positively contribute to a successful transition from education into further training and employment"



Workshops in Action – Healthy Eating Cooking (left) and Barista Training (right)



2019

TARGET GROUP

- Young people aged 15 to 18 years who:
- Will benefit from the information presented on the day about careers, community engagement and health & wellbeing.
- May be at risk or disengaged from education
- CALD/Koorie/Refugee background

LOCATION

DARE2B will be held in Moorabbin in the South East Suburbs of Melbourne, Geelong and Coburg, Inner and Northern Suburbs of Melbourne

PROGRAM

- Multiple workshops (6 to 8) for 200 to 500 young people. Attendees select 3 workshops.
- Topics include: Sport, Art, Music, Cooking Classes, try a Trade, Barista Training, DARE2B career choices, Emergency Services, Yoga/Wellbeing, Resilience workshops, Career Expo etc
- Small Groups, Interactive Sessions, fast moving, motivational keynote speaker, entertainment, giveaways and Morning Tea provided



Workshops in Action - Stride Wellbeing (left) and Wellness/Yoga (right)

Whitelion Youth Agency Ltd – Stride Programs
155 Roden Street, West Melbourne, Victoria, 3003
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www.whitelion.org.au

2019

SURVEY FEEDBACK FROM DARE2B

Students

Did you enjoy the conference and what was the highlight?

- *The highlight of the conference for me was doing the mindfulness and yoga activity*
- *Watching the Become a hero presentation*
- *The highlight that I liked it was the hip hop crew at the end of the program it was amazing and everyone came on stage and started to dance it was fun.*

Did you think the conference gave you an opportunity to explore your potential including education and career pathway options?

- *I think the conference gives me ideas for career pathways to help me to get a job for next year.*
- *It was a very interesting experience and a good insight into possible career choices*
- *Chase after your goals and never give up*

Teachers

- *Some really great sessions, students were engaged! A very well run event*
- *Workshops with a 'hands on' focus are powerful for student.*
- *The opening speaker Margaret Hepworth was incredibly inspirational*



Main Act – Indigenous Hip Hop Project Dance Crew



DARE2B PROGRAM

Moorabbin ▪ 25th July 2019
 Geelong ▪ 15th August 2019
 Coburg ▪ 5th September 2019

Inspiring
Speakers



WHITELION
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Open Family Australia
- makes the change



STRIDE
Positive steps for young people



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You Can
Be A Hero



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Get Me out
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WHEELY
GOOD
COFFEE



Shoot
for Goal



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 – Stride Programs



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STRIDE

Positive steps for young people

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



DARE2B PROGRAM GUIDE

- 08.45am Arrive for 9am Start
- 09:00am Special Guests— Keynote Speaker & Acts
- 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!

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.

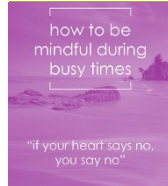
Workshop 3



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. Find out how the experiences they had as a young person gave them the skills to find a career they are passionate about. You will be given an opportunity to reflect on your own life experiences and provided with tools to make your DARE2B job a reality!

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 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.



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.

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.





2019

WHAT WE NEED

Keynote Speaker, Entertainment Acts, Interactive Workshops, Presenters, Exhibitors – Local Community, Health & Sporting Clubs, RTO's, Catering, Giveaways/Prizes

Sponsorship – DARE2B relies on community support and sponsorship to continue to offer the event free to young people. Each year Whitelion Youth Agency contributes around \$28,000 to each conference. Whitelion need further sponsorship to assist with the continuation of this important event for young people

GET INVOLVED – WHY SUPPORT DARE2B?

It is well recognised (*Youth Connections National Network*) that young people who do not transition successfully from school to further education/employment are among the most vulnerable demographic in society.

High youth unemployment rates across Australia means young people disengaged from education or employment, face a bleak future of; financial distress, increased likelihood of health and mental health issues, long-term welfare dependency and increased likelihood of involvement in the criminal justice system.

Dare2B Youth Conference works to support young people in their subject/career path while also underpinning the development of aspirations. This is done by showcasing and sharing strong, successful pathways and transitions that the young people can relate to. Developing aspiration in young people has been demonstrated to increasing the likelihood of engaging in employment, further education or training.

For further details go to the **DARE2B EVENTS WEBSITE** www.youthconnect.com.au/dare2b



Whitelion Staff and Volunteers DARE2B



DARE2B bought to you by ...



Positive steps for young people



Stride: Whitelion Program

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.

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 Whitelion 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

