




## IMPORTANT INFORMATION

### PLEASE NOTE THE FOLLOWING INFORMATION WHEN CONSIDERING ATTENDING THIS EVENT

-  Lunch time Expo providers' stalls will include a number of stalls selling items such as crafts, jewellery, beauty products, photography and more. Therefore be advised that you may wish to bring along some funds to purchase such items.
-  Workshops marked with a \* are strictly limited to a maximum of 15 participants so please ensure you register early.
-  The Gala Dinner schedule includes an opportunity for Brad Blaze's art work to be auctioned off as well as a number of donated items, with funds going towards women's specific programs and events in Gippsland. Therefore be advised that you may wish to bring along funds to purchase such items.

This event is proudly brought to you by the following individuals and organisations

Foundation for Rural and Regional Renewal	The Salvation Army - Gippsland Recovery Centre
Yarram and District Health Service	Relationships Australia Victoria
Australian Red Cross	Central West Gippsland Division of General Practice
Gippsland Lakes Community Health Service	Rodondo Accommodation - Port Albert
Gippsland Women's Network Inc.	Yarram Secondary College
South Gippsland Water	

For more information or to register  
please contact;

Relationships Australia Victoria  
(Traralgon Office)  
Ph: 1300 369 630  
Fax: 5175 9555

**REGISTRATIONS MUST BE RECEIVED  
BY MONDAY 14th NOVEMBER 2011**



Presenting  
**Gippsland's 3rd Annual  
Women's Forum and Gala dinner**

Building on your strengths

Saturday 26 November 2011

#### **Forum**

8.30am registration - 4pm  
Yarram Secondary College  
86 James Street Yarram

#### **Gala Dinner**

6pm nibbles/registration - late  
The Regent Theatre  
Commercial Road Yarram

## What is this all about??

All too often we look at attending conferences and training because we assume we are lacking in something, "What is wrong with me and how can I fix it"? This forum aims to do the opposite.

We hope that through the forum and dinner you will find your own strengths and be encouraged to build on them. We hope that you may be inspired to continue to make the most of your strengths.

This is an opportunity for women living across Gippsland to come together and learn, explore and connect with other women.

## Our Keynote Speakers



### Janine Shepherd

Janine Shepherd's story reads like the plot of a Hollywood movie. A champion cross country skier in training for the winter Olympics, her life was irrevocably altered when she was run over by a truck during a training bicycle ride to the Blue Mountains.

Doctors warned her parents that she was not expected to survive her ordeal. Even if by some small chance she recovered, she would never walk again.

Her fighting spirit was rekindled watching small planes flying overhead. She made a decision: "If I can't walk, I'll fly." And fly she did. That moment changed her life forever.

Janine's story of defying the odds and winning is both moving and inspiring.

After a traditional welcoming to the forum we will hear from Janine Shepherd, a truly inspirational woman. The day will continue, filled with workshops and presentations. A lunchtime Expo will provide an opportunity for informal conversation as well as time for women to view stalls held by service providers, recreational groups and clubs as well as other women who have started from humble beginnings to now running thriving businesses.

The Forum dinner will be another opportunity to speak with other women from across Gippsland and with vibrancy and energy Brad Blaze will get the audience to help create a number of inspirational art works.



### Brad Blaze

Brad is a world renowned artist and entertainer. Brad Blaze may just be the fastest painter in the world.

Brad spent the beginnings of his career working his 'way up the corporate ladder' in an international finance company. On his way to and from work on long train journeys he would sketch other passengers without them knowing. His passion for art eventually overcame him and by the year 2000 he became a caricature artist working at events and having artwork published in magazines and newspapers.

In 2005 he developed his very own unique show and is testament to the mantra of following your passion in life.

## Program Schedule

- 8.30** Registration, Tea and coffee
- 9.15** Welcome to Country  
Welcome - Relationships Australia Victoria
- 9.30** Forum Opening - Janine Shepherd
- 10.30** Morning Tea
- 11.00** Workshops  
See workshop topics and details on next page
- 12.30** Lunch and Service Providers Expo  
(some stall holders may have items available for purchase)

- 2.00** Workshops  
See workshop topics and details on next page
- 3.30** Afternoon Tea - Networking and Forum close
- 6.00** Nibbles at the Regent (optional)
- 6.30 - late**  
**Gala Dinner** including Brad Blaze and entertainment. Come prepared to have some fun, door prizes, auctions and activities. Feel free to dress up and have a great night.

**Please note there is a \$35 fee to attend the dinner. This includes three course meal. BYO drinks and glass.**

## Workshops

### Morning Workshop choices

#### Workshop 1 - Exploring Your Talents

*Noela Rhodes Relationships Australia Victoria*  
We share many similarities with other women around us and across the world. We also have our own unique qualities that make us who we are. Sometimes in life we forget our uniqueness, feel afraid to be ourselves or even not know who we are. Come on a fun journey of self discovery using drawing materials and collage to reconnect with yourself.

#### Workshop 2 - Raising Teenagers - positive parenting in the 21st Century

*Tania Jobling, Relationships Australia Victoria*  
Explore the current issues, such as the influence of social media, that affect your teenagers lives. Look at health, identity, peer pressure and family relationships that affect your teenager and how parenting styles have changed over the generations.

#### Workshop 3 - Finding your inner chef \*

*Culinaire Cooking School - Swan Reach*  
Have you ever wanted to slice and dice like a Master Chef? Learn about herbs and taste combinations to create a recipe of your own. Present your meals like a Master Chef? Why not come along and learn a few ideas and skills. Please bring your apron, knives and questions along to this practical workshop.

#### Workshop 4 - Looking good, feeling great \*

*Jennifer and Elle Dentoorn - Image Stylist, Body Shape & Colour Consultant*  
Every one of us can find the faults in our looks and we are all too quick to list them, but what about all those good things. Come along and explore what beauty lies within you and learn how to highlight these. Find out what colours suit you, what clothes enhance your body shape and what you can do in order to feel good on the inside and out. Learn about body language, goal setting and reaching your dreams.

#### Workshop 5 - Developing your DIY skills \*

*Belinda Morris - Registered Builder*  
Have you ever wanted to fix those cracked or loose tiles yourself? Paint without leaving drips or stripes? Choose a wallpaper and put it up yourself? Why not register for the Renovator's Workshop. You will learn some useful tips that you can try yourself in your home to "Shuss it Up" and add value at a low cost.

### Workshop 6 - Mechanical Wizards

*East Gippsland TAFE*

This workshop teaches you how to change a tyre, check your oil and water and general maintenance on your car. How to know when you need to change over your tyres and service your brakes. Is your fan belt screaming when you start your car? Would you like to learn a little more about petrol, diesel and alternate energy cars? Why not learn a few skills to keep your car buzzing along at its best.

### Workshop 7 - Discovering your inner strength

*Heather Urie*

Balance your inner self through stretches, breathing practices and relaxation. Have ample time to be introduced to Yoga, participate in the class and ask as many questions as you like. Make sure you wear or bring comfortable loose fitting clothes for this workshop.

### Workshop 8 - Woman Power

*Self Defense*

Harness the Lioness in you, ready to pounce to protect yourself or the things you love. Learn basic self defense techniques as well as identify your inner strength and use it wisely. Make sure you wear or bring comfortable loose fitting clothes for this workshop.

### Workshop 9 - Mindfulness and Happiness

*Colleen Murphy - Psychologist*

You can shape your mind for greater emotional balance in turbulent times, develop healthier relationships and have greater peace of mind. This workshop includes how to identify what you are feeling, the role of frustration and anger, managing feelings and moving forward. By learning Mindfulness techniques you can learn the essential inner skills to manage your emotional world and thereby take greater effective action in your world.

### Workshop 10 - Glamour and every day jewellery made the easy way \*

*Amanda Crawford - Jewellery designer*

With guidance and support you too can make a complete set of jewelry for the Gala evening to go with your outfit. Our presenter will show you the basic skills you need to design and craft earrings, necklaces and bracelets. Relax and enjoy some time to learn this new skill and art.

### Afternoon Workshop choices

#### Workshop 11 - Jewellery, not just a passion - a hidden talent \*

*Regina Dudek - Silver jewellery artist*

Discover your strength in jewellery design and how you can create masterpieces in silver jewellery. If you have always had a passion for buying jewellery why not consider making your own, save money and find that hidden talent you never knew existed.

#### Workshop 12 - Finding your strengths through art \*

*Maya Fraser - Trainee Art Therapist*

A short creative journey exploring your strengths by creating an image of your personal landscape. This session utilises many art mediums not just the drawing and is for anyone regardless of your perceived artistic talent.

#### Workshop 13 - Developing your DIY skills \* (repeat from morning)

*Belinda Morris - Registered Builder*

#### Workshop 14 - Raising young children

*Parentzone Anglicare - Victoria*

Parentzone will assist parents to understand their children's behaviour and stage of development. The facilitators will provide strategies to build a positive family environment, and how you can deal with children's difficult behaviour.

#### Workshop 15 - Strength in pieces \*

*Paula Pezzutto - Mosaic artist and teacher*

Ever wondered what you could do with that broken mug, plate or your favourite vase? Learn how to put broken pieces back together in a whole new way. Let your inner creative self out through mosaic patterns, pictures and designs.

#### Workshop 16 - Minding our "busy-ness"

*Centacare Gippsland*

Women are usually very good at nurturing the people around them - children, partners, friends - but don't always take enough time out for themselves. This workshop will address some of the ways in which the "busy-ness" of our lives can be managed so that there is time and space for some self-nurturing. Come along and share your ideas and gain some inspiration from others.

#### Workshop 17 - Mechanical Wizards

**(repeat from morning)** *East Gippsland TAFE*

#### Workshop 18 - Discovering your inner strength (repeat from morning)

*Heather Urie*

#### Workshop 19 - Woman Power

**(repeat from morning)** *Self-defense*

#### Workshop 20 - Finding your inner chef \* (repeat from morning)

*Culinaire Cooking School - Swan Reach*

# Registration

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Phone: (h) \_\_\_\_\_

Phone: (Mob) \_\_\_\_\_

Email: \_\_\_\_\_

I wish to register my attendance at:

**(Tick one box only)**

Forum only

Gala Dinner only

Forum and Gala Dinner

## Morning Workshop Choice:

In order of preference

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

## Afternoon Workshop Choice

In order of preference

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Please list any special requirements including dietary needs, access issues or needs, e.g. mobility/childcare under 5yrs

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Please tick this box if you DO NOT wish to have your photo taken

Cheque  
Please find enclosed a cheque for \$35 for the Gala Dinner  
Made payable to: Relationships Australia - Victoria

Credit Card  
Please debit my card for \$35 for the Gala Dinner

Card Type \_\_\_\_\_

\_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Expiry Date \_\_\_\_ / \_\_\_\_

Signed \_\_\_\_\_ Date \_\_\_\_\_

**Registrations close Monday 14 November 2011**

**Please note cancellations made after 31 October 2011 are non refundable**

Please complete and return this form to  
Relationships Australia – Victoria  
1/42 Kay Street Traralgon, 3844  
Or fax 5175 9555