



INAUGURAL

WELLBEING CONVENTION

# Healthy *By Nature*

CONVENTION HANDBOOK 2016



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21-25 NOVEMBER 2016  
CAMP MARYSVILLE, MARYSVILLE

[WWW.OUTDOORSINC.ORG.AU](http://WWW.OUTDOORSINC.ORG.AU)

WELCOME MESSAGE

Out Doors Inc. welcomes all delegates and presenters to its 2016 Inaugural Wellbeing Convention.

The title of the convention is **Healthy By Nature**.

The convention focuses on the importance of being in nature, social connectedness, personal growth and wellbeing as well as highlighting practical and innovative solutions which will assist participants in their recovery.

Out Doors Inc. is delighted to have several keynote speakers attending throughout the week.

Associate Professor Dianne Vella-Broderick (PhD), University of Melbourne. Dianne’s keynote address will introduce *What’s so good about positive psychology?* and the core principles underlying positive psychology.

Dianne will also be facilitating a workshop looking at *Ways to well-being: The positive psychology pathway*.

Jenny Greenham, Mental Health Team Leader, Spiritual Health Victoria. Jenny’s keynote address will introduce *Heart and Soul Matters: Making Space for Spirituality*.

Jenny will also be facilitating an experiential workshop for participants to explore the aspects of their spirituality in various activities to gain a deeper understanding of themselves.

Liv Downing, Psychologist, Coach and Meditation Teacher, Smiling Mind. Liv’s keynote addresses the question *How Do We Use Mindfulness Meditation To Help With Our Emotions*.

Liv will also be facilitating a workshop on *Learn to Love Your Mind*.

Out Doors Inc. would particularly like to acknowledge our major sponsors: University of Melbourne, Spiritual Health Victoria, Smiling Mind, Department of Health and Human Services (DHHS), St. Vincent’s Hospital Optimal Health Program and Recovery College MIND Australia.

I thank participants for your support of the 2016 convention and hope that this experience assists and inspires you to continue to work towards solutions that produce better health, wellbeing and outcomes for all.

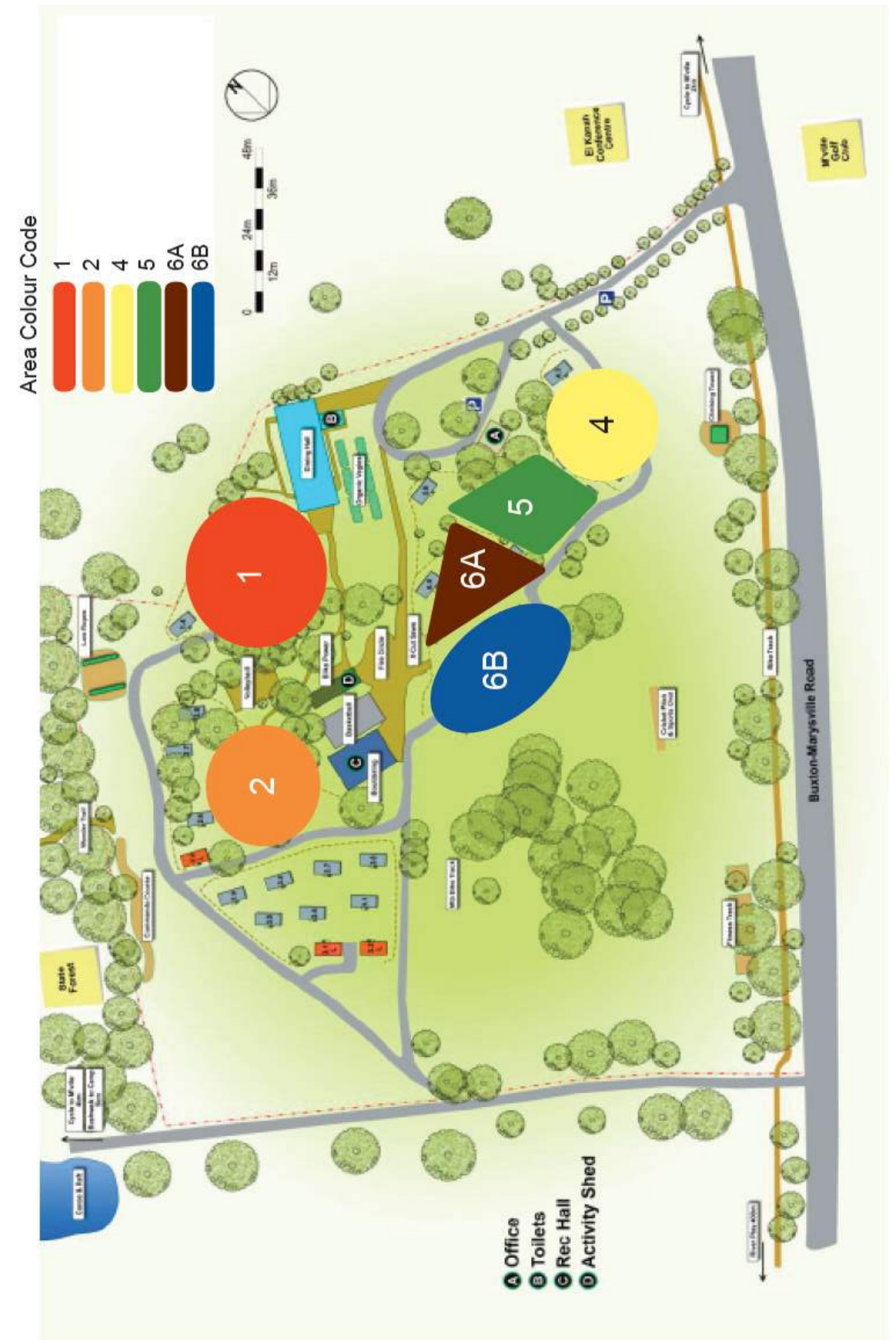


*Ludita*

**Ludita Trifa-Schmidt**  
Chief Executive Officer, Out Doors Inc.



SITE PLAN





## ACKNOWLEDGEMENTS

Out Doors Inc. would like to acknowledge the traditional owners of the Shire of Murrindindi, members of the Taungurung tribe.

Out Doors Inc. would like to acknowledge the following organisations for their support:



## GENERAL INFORMATION

### Program Changes

Any last minute program changes will be announced at the start of the convention.

### Sessions/Workshops

Rooms for workshops have been allocated based on numbers attending and will be marked on the map of the venue located in the dining hall. Signage denoting each of the days events, workshops and activities and meeting areas will be located in the dining hall.

### Convention Registration

Registration includes morning and afternoon teas and lunches and dinners throughout the convention. On arrival at Camp Marysville, participants will gather in the Dining Hall for registration.

### Name Badges

Admission to all sessions is by the official convention name badge – please wear it at all times when at the convention.

### Special Dietary Requirements

Please inform Out Doors Inc. prior to the convention.

### Safety

To ensure the safety of all, it is requested that participants stay on site at Camp Marysville unless going on an activity with staff.

### Site Plan

Please refer to page 23 of this handbook.

### Key Personnel

Out Doors Inc. staff. For queries or assistance please go to:

- Accommodation – Chris, Jean
- First Aid Mental Health/Physical – Dave, Sophia, Jennifer
- Workshop location/Activity meeting locations – Simon, Maureen
- After Hours Support (as per table below):

| Area Code | Cabin Numbers      | Organisation     | Staff                                      |
|-----------|--------------------|------------------|--|
| Red       | 1.1, 1.3, 1.5, 1.6 | Out Doors Inc.   | Mo, Sophia                                 |
| Orange    | 2.1, 2.3, 2.5, 2.6 | Out Doors Inc.   | Chris, Simon, Carel                        |
| Yellow    | 4.1, 4.4, 4.5, 4.6 | Out Doors Inc.   | Jean, Dave, Ryan                           |
| Green     | 5.1, 5.3, 5.4, 5.5 | Mind Australia   | Anastasia, Melanie (ODI support Dave/Jean) |
| Brown     | 6.1, 6.6, 6.7, 6.9 | Within Australia | Donna, Tania (ODI support Chris/Maureen)   |
| Blue      | 6.2, 6.3, 6.4, 6.5 | Out Doors Inc.   | Maureen, Jen                               |

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PROGRAM AT A GLANCE

NOTES

| Monday 21 November   | Tuesday 22 November   | Wednesday 23 November   | Thursday 24 November  | Friday 25 November   |
|--|---|---|---|--|
|  | 7:30-8.30am<br><b>Breakfast</b>   | 7:30-8.30am<br><b>Breakfast</b>   | 7:30-8.30am<br><b>Breakfast</b>   | 7:30-8.30am<br><b>Breakfast</b>  |
| 8:50-9:00am<br><b>Registration:</b><br><i>Participants arrive at Out Doors Inc.</i>                    | 8:50-9:10am<br><b>Welcome to Country:</b><br><i>Uncle Roy Patterson</i><br><b>Official Opening:</b> Mayor,<br><i>Shire of Murrindindi</i> | 9:10-10:00am<br><b>Introduction &amp; Keynote 2:</b> <i>Heart and Soul Matters: Making Space for Spirituality</i> | 9:10-10:00am<br><b>Introduction &amp; Keynote 3:</b> <i>How do we Use Mindfulness Meditation to Help with our Emotions?</i> | 9:10-10:00am<br><b>Introduction &amp; Consumer Colloquium:</b><br><i>Recovery Journeys and Stories</i> |
| 9:15-9:30am<br><b>Group Departure:</b><br><i>Participants travel to Convention site in Marysville.</i> | 9:10-10:00am<br><b>Introduction &amp; Keynote 1:</b> <i>What's So Good About Positive Psychology</i>                                      |   |   |  |
|  | 10:00-10:20am<br><b>Morning Tea</b>   | 10:00-10:20am<br><b>Morning Tea</b>   | 10:00-10:20am<br><b>Morning Tea</b>   | 10:00-10:20am<br><b>Morning Tea</b>  |
|  | 10:30-12:00pm<br><b>Workshop 1:</b> <i>Ways to Wellbeing: The Positive Psychology Pathway</i>   | 10:30-12:00pm<br><b>Workshop 1:</b> <i>Spirituality - Experiential Workshop</i>                                   | 10:30-12:00pm<br><b>Workshop 1:</b> <i>Learn to Love your Mind</i>  | 10:30-12:00pm<br><b>Workshop 1:</b> <i>Bringing it All Together</i>                                    |
|  | <b>Workshop 2:</b> <i>Seeds of Transformation - A Look at the Recovery Journey</i>  | <b>Workshop 2:</b> <i>Gentle Yoga</i>   | <b>Workshop 2:</b> <i>Optimal Health Program - What Does Wellbeing Mean to You?</i>   |  |
| 12:30-12:45pm<br><b>Group Arrival:</b><br><i>Camp familiarisation</i>                                  | <b>Workshop 3:</b> <i>What Makes Outdoor Adventure Good for You?</i>  | <b>Workshop 3:</b> <i>Your Health and the Environment</i>   | <b>Workshop 3:</b> <i>Creative Connections with Nature</i>  |  |
| 1:00-2:00pm<br><b>Lunch</b>  | 12:00-1:00pm<br><b>Lunch</b>  | 12:00-1:00pm<br><b>Lunch</b>  | 12:00-1:00pm<br><b>Lunch</b>  | 12:00-1:00pm<br><b>Lunch</b>   |
| 2:10-2:25pm<br><b>Convention Welcome:</b><br><i>CEO, Out Doors Inc.</i>                                | 1:10-5:00pm<br><b>Outdoor Activity 1:</b><br><i>Mountain Biking</i>   | 1:10-5:00pm<br><b>Outdoor Activity 1:</b><br><i>Climbing</i>  | 1:10-5:00pm<br><b>Outdoor Activity 1:</b><br><i>Mountain Biking</i>   | 1:00pm<br><i>Farewell and Safe Travels</i>   |
| 2:30-4:00pm<br><b>Activity:</b> <i>Warm up and Initiative Games</i>                                    | <b>Outdoor Activity 2:</b><br><i>Bushwalking</i>  | <b>Outdoor Activity 2:</b><br><i>Bushwalking</i>  | <b>Outdoor Activity 2:</b><br><i>Bushwalking</i>  | <i>Return to Out Doors Inc. by 4:30pm</i>  |
| 4:00pm<br><b>Afternoon Tea</b>   | <b>Outdoor Activity 3:</b><br><i>Canoeing</i>   | <b>Outdoor Activity 3:</b><br><i>Drumming</i>   | <b>Outdoor Activity 3:</b><br><i>Canoeing</i>   |  |
| 4:30-5:30pm<br><b>Black Saturday Fires</b><br><i>Marysville Recovery</i>                               |   |   |   |  |
| 6:00-7:00pm<br><b>Dinner</b>   | 6:00-7:00pm<br><b>Dinner</b>  | 6:00-7:00pm<br><b>Dinner</b>  | 6:00-7:00pm<br><b>Dinner</b>  |  |



NOTES

PROGRAM MONDAY 21 NOVEMBER

| TIME        | ACTIVITY  |
|-------------|---|
| 9:15am      | <b>Travel to Marysville</b><br>On arrival – registration, accommodation and venue familiarisation |
| 1:00pm      | <b>Lunch</b>  |
| 2:10pm      | <b>Welcome</b><br>Out Doors Inc. – Iudita Trifa-Schmidt, Chief Executive Officer, Out Doors Inc.  |
| 2:30-4:00pm | <b>Warm up and Initiative Games</b><br>Dave Weeks and Jean Dind, Out Doors Inc.                   |
| 4:00pm      | <b>Afternoon tea</b>  |
| 4:30-5:00pm | <b>Black Saturday Fires and the Recovery of Marysville</b><br>David Stirling                      |
| 6:00-7:00pm | <b>Dinner</b>   |
| 7:00pm      | <b>Time to settle in and relax</b>  |



## PROGRAM

TUESDAY 22 NOVEMBER

## NOTES

| TIME              | ACTIVITY  |
|-------------------|---|
| 7:30- 8:30am      | <b>Breakfast</b>  |
| 8:50am            | <p><b>Welcome to Country</b><br/>Uncle Roy Patterson, Daungurung Elder</p> <p><b>Official Opening</b><br/>Mayor, Cr. Charlotte Bisset, Shire of Murrindindi</p>   |
| 9:10 – 10:00am    | <p><b>Plenary Session</b></p> <p>Introduction &amp; Keynote Speaker - Associate Professor Dianne Vella-Broderick (PhD), University of Melbourne</p> <p><i>What's so good about positive psychology?</i></p>   |
| 10:00 – 10:20am   | <b>Morning Tea</b>  |
| 10:30am – 12:00pm | <p><b>Concurrent Workshops</b></p> <p><b>Workshop 1</b><br/><i>Ways to Wellbeing: The Positive Psychology Pathway</i><br/>Associate Professor Dianne Vella-Broderick (PhD), University of Melbourne</p> <p><b>Workshop 2</b><br/><i>Seeds of Transformation</i><br/>Amy Scott and Emma Higgins, Recovery College MIND Australia</p> <p><b>Workshop 3</b><br/><i>What Makes Outdoor Adventure Good For You?</i><br/>Dave Weeks, Coordinator Programs and Projects and Chris Perrot, Diversity Programs Development Coordinator, Out Doors Inc.</p> |
| 12:00 – 1:00pm    | <b>Lunch</b>  |
| 1:10 – 5:00pm     | <p><b>Concurrent Activities</b></p> <p><b>Outdoor Activity 1:</b> Bushwalking</p> <p><b>Outdoor Activity 2:</b> Mountain Biking</p> <p><b>Outdoor Activity 3:</b> Canoeing</p>  |
| 6:00-7:00pm       | <b>Dinner</b>   |
| 7:10-9:00pm       | <p><b>Evening Around the Camp Fire</b><br/>Jen Rees, Out Doors Inc.</p>   |

## NOTES

## PROGRAM

TUESDAY 22 NOVEMBER

## CONVENTION OPENING

**Welcome to Country – Uncle Roy Patterson**

Uncle Roy Patterson is an elder of the Daungurung, the mountain and river people of Central Victoria.

**Official Opening – Mayor, Cr. Charlotte Bisset, Shire of Murrindindi**

## KEYNOTE SPEAKER

**Associate Professor Dianne Vella-Broderick (PhD), University of Melbourne**

Dianne Vella-Broderick (PhD) is an Associate Professor and Deputy Director at the Centre for Positive Psychology at the Melbourne Graduate School of Education, University of Melbourne. She is also Head of Research and the inaugural Director of the Master of Applied Positive Psychology program (2013 – 2015) at the Centre for Positive Psychology. Dianne is a Member of the Australian Psychological Society and College of Health Psychologists, an Editor in Chief of the *Psychology of Well-Being* journal and Secretary of the International Positive Psychology Association. Dianne founded the Australian Positive Psychology

Network and has co-directed three Australian Positive Psychology and Well-being conferences. Her work is well published in scientific journals and she has received 2.5 million dollars of funding for her research on evaluating wellbeing programs in schools and community settings. She has a special interest in studying how time use, particularly in relation to nature and technology, relate to physical health and psychological well-being.

**Keynote Abstract: What's so good about positive psychology?**

In her keynote presentation Dianne will introduce the core principles underlying positive psychology. Positive psychology focuses on mobilising strengths and resources to help individuals, groups and communities to manage daily challenges and to flourish. She will present preliminary findings to support the use of positive psychology practices to help address mental health concerns and she will underscore some of the factors that are likely to enhance the beneficial effects of these positive interventions.

## WORKSHOPS

**WORKSHOP 1: WAYS TO WELLBEING: THE POSITIVE PSYCHOLOGY PATHWAY**

In her workshop Dianne will describe some of the key positive psychology interventions associated with fostering healthy relationships and improved mental health and well-being. Participants will have the opportunity to try out some strengths, savouring and compassion activities and to discuss how these can be incorporated and sustained in everyday life.

**Facilitator: Associate Professor Dianne Vella-Broderick (PhD), University of Melbourne**

## PROGRAM

TUESDAY 22 NOVEMBER

## NOTES

**WORKSHOP 2: SEEDS OF TRANSFORMATION**

This workshop will provide a look at the recovery journey and how we find gifts of insight along the way.

**Facilitator: Amy Scott, Mind Recovery College™**

Prior to becoming the Operations Manager of the Mind Recovery College, Amy had 7 years' experience managing projects, operations and service design across both the education and community sectors, in the UK and Australia. Amy believes in the power of education, community connections, self-discovery, kindness and that ultimately change is possible.

**Facilitator: Emma Higgins, Mind Recovery College™**

Emma Higgins has worked in the Mental Health sector and Education for the last 10 years. Emma has a diploma in Mental Health Sciences, Masters in Sociology and recently completed a Graduate Certificate in Family Therapy. Emma is passionate about recovery and her work is informed by her own personal experiences and a strong conviction that anything is possible if you hold hope, have support and hold dreams and goals to inspire you. Emma has lived and worked in many different countries, including parts of Africa and Asia, these experiences have informed her work with people experiencing depression, anxiety and trauma and speak to the incredible capacity for people to recover and transform their lives when connected to communities that encourage hope, motivation, compassion and education.

**WORKSHOP 3: WHAT MAKES OUTDOOR ADVENTURE GOOD FOR YOU?**

What is it about spending time, travelling through or playing in natural settings that nurtures our mental health? Everyone's experience is different, but there are some common elements people identify to why being outdoors is good for them. This workshop is an opportunity not only to share one's own lived experiences and meanings of the connection between natural spaces and mental health, but also learn from others.

**Facilitator: Dave Weeks, Coordinator Programs and Projects, Out Doors Inc.**

Dave Weeks BSc, Dip Ed (Outdoor & Secondary) brings a lifetime of personal outdoor experiences and 20 years working as an Outdoor Adventure professional, more than half of which has been in community Drug and Alcohol and Mental Health. Dave has long been interested in the connection between our mental health and being in natural settings.

**Facilitator: Chris Perrot, Diversity Programs Development Coordinator, Out Doors Inc.**

Extensive travels and early professional experiences in tourism have brought Chris to live and work in very socially diverse environments. After studying Outdoor Recreation, his special interest in personal development and mental health using the natural environment led him to Out Doors ten years ago. Having recently completed a dual Diploma in Community Services and Community Development, Chris continues supporting disadvantaged communities through vocational and empowering outdoor programs.



## PROGRAM

FRIDAY 25 NOVEMBER

## WORKSHOPS

**WORKSHOP 1: PARTICIPANT COLLOQUIUM – RECOVERY JOURNEYS AND STORIES**

What does recovery look like for you? What supports you on your recovery journey? Your family and friends, pets, bush walking or book club, spirituality, education or sport?

Sharing their experiences of mental illness and recovery, Kath, Jean, Caz and Chris will present their story and highlight what has been personally helpful for their recovery journey. A 'colloquium' is a conversation, and we invite you to join in on the conversation about recovery in this session; to hear consumer's personal stories of recovery, ask questions, and share your experiences with peers.

**Facilitators: Caz Hatherley, Jean Plumbe, Kath Gawthorne, Chris Couper, Out Doors Inc. participants**

**Caz Hatherley** is a participant, mentor and a current member of the Out Doors Inc. Council. She has enjoyed a lifelong career in nursing and was for some time an intensive care nurse. Caz is also a proud mother and more recently a doting grandmother.

**Jean Plumbe** is an enthusiastic participant and current mentor with Out Doors Inc. Jean is currently finishing a Masters in Social Work.

**Kath Gawthorne** has grown from her journey with mental illness. Her focus is on personal development and as Kath puts it, "just being a better person", one that can now give to others rather than always being the one in need.

**Chris Couper** is a participant and current mentor with Out Doors Inc. He really enjoys his volunteering mentor role and finds it very rewarding. Chris has a personal focus on fitness and is a proud dog owner who loves training his dog and enjoying the outdoors together.

**Moderator: Simon Jones, Coordinator Programs and Stakeholder Engagement, Out Doors Inc.**

**WORKSHOP 2: BRINGING IT ALL TOGETHER - ACTIVITY AND REFLECTIONS ON THE CONVENTION**

In this dynamic and engaging workshop we'll have a chance as a whole group to reflect on the past week and share what we've found meaningful with each other. Come prepared for fun interactions, some surprising revelations and interesting outcomes.

**Facilitator: Maureen Carey, Program Coordinator and Therapeutic Arts Practitioner, Out Doors Inc.**

## PROGRAM

WEDNESDAY 23 NOVEMBER

| TIME              | ACTIVITY   |
|-------------------|--|
| 7:30- 8:30am      | <b>Breakfast</b>   |
| 9:10 – 10:00am    | <b>Plenary Session</b><br>Introduction & Keynote Speaker - Jenny Greenham, Mental Health Team Leader, Spiritual Health Victoria<br><i>Heart and Soul Matters: Making Space for Spirituality</i>  |
| 10:00 – 10:20am   | <b>Morning Tea</b>   |
| 10:30am – 12:00pm | <b>Concurrent Workshops</b><br><b>Workshop 1</b><br><i>Spirituality – Experiential Workshop</i><br>Jenny Greenham, Mental Health Team Leader, Spiritual Health Victoria<br><b>Workshop 2</b><br><i>Gentle Yoga</i><br>Amanda Owen, Yoga Teacher, Out Doors Inc.<br><b>Workshop 3</b><br><i>Your Health and the Environment</i><br>Jean Dind Coordinator Outdoor and Environmental Programs, Out Doors Inc. |
| 12:00 – 1:00pm    | <b>Lunch</b>   |
| 1:10 – 5:00pm     | <b>Concurrent Activities</b><br><b>Outdoor Activity 1:</b> Climbing<br><b>Outdoor Activity 2:</b> Bushwalking<br><b>Outdoor Activity 3:</b> Drumming   |
| 6:00-7:00pm       | <b>Dinner</b>  |
| 7:10-9:00pm       | <b>Concurrent Sessions</b><br>1. Yoga Nidra – Relaxing Yoga to help you sleep<br>2. Games  |

**PROGRAM** **WEDNESDAY 23 NOVEMBER**

**KEYNOTE SPEAKER**



**Jenny Greenham, Mental Health Team Leader, Spiritual Health Victoria**

Jenny commenced at Spiritual Health Victoria in March 2015. She brings with her a wealth of experience working in a range of mental health settings, in a variety of capacities over a 25 year period. Her work here is also supported by an Interfaith Ministry qualification that honours and celebrates all paths to the sacred.

**Keynote Abstract: Heart and Soul Matters: Making Space for Spirituality**

Looking at ourselves through a different lens, one which isn't imposed upon us, one which isn't the medical model. How important is it to be seen as a person first and diagnosis second? The things that we value in life, are they valued by others? Does our spirituality support personal growth and wellbeing? What does authentic spiritual expression look like and how can we live it in the world?

**WORKSHOPS**

**WORKSHOP 1: SPIRITUALITY**

An experiential workshop where participants have the opportunity to explore aspects of their spirituality in various activities to gain a deeper understanding of themselves.

**Facilitator: Jenny Greenham, Mental Health Team Leader, Spiritual Health Victoria**

**WORKSHOP 2: GENTLE YOGA**

Working with the breath is a natural rhythm of life that every individual can tune into. When we are guided by this fundamental pulse, we come back to ourselves. Movement synchronised with the breath is yoga. It is accessible to everyone, is safe and remarkably effective for health of the body and mind. All the systems of the body respond to create optimum health and a feeling of wellbeing.

**Facilitator: Amanda Owen, Yoga Teacher, Out Doors Inc.**

Amanda is a yoga teacher and a yoga therapist based in London. Her speciality is working with people who are looking for better mental health. She works with a variety of individuals and organisations including Hackney Council *Yoga for the Mind* and the National Health Service for people with complex depression and anxiety and trauma.

**PROGRAM** **FRIDAY 25 NOVEMBER**

| TIME              | ACTIVITY  |
|-------------------|---|
| 7:30- 8:30am      | <b>Breakfast</b>  |
|                   | <b>Participant Colloquium</b><br><i>Recovery Journeys and Stories and Strategies</i>  |
| 9:10 – 10:00am    | Facilitators: Caz Hatherley (participant, mentor, Council member), Kath Gawthorne (participant), Jean Plumbe (participant, mentor), Chris Couper (participant, mentor)<br><br>Moderator: Simon Jones, Coordinator Programs and Stakeholder Engagement, Out Doors Inc. |
| 10:00 – 10:20am   | <b>Morning Tea</b>  |
|                   | <b>Bringing it all together</b>   |
| 10:30am – 12:00pm | <i>Activity and reflections on the convention</i><br>Maureen Carey, Program Coordinator and Therapeutic Arts Practitioner, Out Doors Inc.   |
| 12:00 – 1:00pm    | <b>Lunch</b>  |
| 1:00pm            | <b>Farewell and Safe Travels</b>  |





## PROGRAM

THURSDAY 24 NOVEMBER

**WORKSHOP 2: OPTIMAL HEALTH PROGRAM: WHAT DOES WELLBEING MEAN TO YOU?**

Explore the idea of 'Optimal Health' and what this means to you. Discover ways to build on your strengths and values and explore what is important to you. Join us in the Optimal Health Adventure. Imagine you are going on a camping trip, or road trip...

**Facilitator: Dr Gaye Moore, Program Manager, Optimal Health Program, St Vincent's Hospital Melbourne**

Gaye Moore, BN (Hons), MPH, PhD, has worked in health for 35 years with a focus in mental health and wellbeing. She is the Program Manager for Frameworks for Health, St Vincent's Hospital and oversees the Optimal Health Program.

**WORKSHOP 3: CREATIVE CONNECTIONS WITH NATURE**

This practical workshop is suitable for anyone interested in getting closer to the natural world both within and around us. Together we'll explore our environment in a fun and creative way to discover things we find meaningful in this interaction.

**Facilitator: Maureen Carey, Program Coordinator and Therapeutic Arts Practitioner, Out Doors Inc.**

Mo Carey has an extensive background in the Arts and Community Development sector having worked in Australia, Europe and the UK. Since returning to Australia ten years ago, her passion for the natural world led to work with Out Doors Inc. as a program coordinator and therapeutic arts practitioner. Recently completing a Masters in Creative Arts Practice, Mo had the opportunity to explore and deepen the relationship between wellbeing and our natural environment using mindfulness with a broad range of creative arts practises.



## PROGRAM

WEDNESDAY 23 NOVEMBER

**WORKSHOP 3: YOUR HEALTH AND THE ENVIRONMENT**

Have you ever wondered how our environment can affect us, both physically and mentally? Through a mix of talks and activities, this workshop will explore our relationship with our environment, both human-made and natural.

**Facilitator: Jean Dind Coordinator Outdoor and Environmental Programs, Out Doors Inc.**

Jean has been interested in the natural environment ever since going on family walks as a child. Since then, he has followed his passion through travelling, as well as studying Outdoor Education and Environmental Management. Jean has been working at ODI for 10 years, enabling people to experience and connect with nature in new and challenging ways.





## PROGRAM

THURSDAY 24 NOVEMBER

| TIME              | ACTIVITY   |
|-------------------|--|
| 7:30- 8:30am      | <b>Breakfast</b>   |
| 9:10 – 10:00am    | <b>Plenary Session</b>   |
|                   | Introduction & Keynote Speaker - Liv Downing, Psychologist, Coach and Meditation Teacher, Smiling Mind<br><i>How Do We Use Mindfulness Meditation To Help With Our Emotions?</i> |
| 10:00 – 10:20am   | <b>Morning Tea</b>   |
| 10:30am – 12:00pm | <b>Concurrent Workshops</b>  |
|                   | <b>Workshop 1</b><br><i>Learn to Love Your Mind</i><br>Liv Downing, Psychologist, Coach and Meditation Teacher, Smiling Mind   |
|                   | <b>Workshop 2</b><br><i>Optimal Health Program</i><br>Dr. Gaye Moore, Program Manager, St Vincent's Hospital Melbourne   |
|                   | <b>Workshop 3</b><br><i>Creative Connections With Nature</i><br>Maureen Carey, Program Coordinator and Therapeutic Arts Practitioner, Out Doors Inc.                             |
| 12:00 – 1:00pm    | <b>Lunch</b>   |
| 1:10 – 5:00pm     | <b>Concurrent Activities</b>   |
|                   | <b>Outdoor Activity 1:</b> Mountain Biking   |
|                   | <b>Outdoor Activity 2:</b> Bushwalking   |
|                   | <b>Outdoor Activity 3:</b> Canoeing  |
| 6:00-7:00pm       | <b>Dinner</b>  |
| 7:10-9:00pm       | <b>Bush dance</b>  |

## PROGRAM

THURSDAY 24 NOVEMBER

## KEYNOTE SPEAKER

**Liv Downing, Psychologist, Coach and Meditation Teacher, Smiling Mind**

Liv Downing has over 15 years experience working with organisations and individuals to support them to work and live to their fullest potential. She is a Registered Psychologist, Coach and Meditation Teacher and offer consulting and coaching to individuals, groups and organisations.

After years of personal practice and professional training, and whilst living abroad in the US, Liv set up her own company “Liv Mindfully Group” to follow her passion and to help people unlock their true potential. Liv has since returned to Australia and is committed to utilising her range of professional and personal experience to deliver mindfulness-based solutions to both individuals and organisations. As a mother of two beautiful boys she experienced first-hand the benefits of mindfulness in parenting and was thrilled to be involved in the development of the Smiling Mind parenting program. She was also involved in the development of the Smiling Mind Corporate Program and continues to deliver training workshops within both the corporate and educational sectors on behalf of Smiling Mind.

Liv is a co-founder of a new Mind and Body studio called Happy Melon and has the dream of demystifying mindfulness and meditation and making it accessible to a broad audience with the goal of helping people live with more clarity, calm and connection.

**Keynote Abstract: How Do We Use Mindfulness Meditation To Help With Our Emotions?**

This highly engaging keynote ensures you leave educated on how to implement the simple tools of mindfulness into everyday life. It discusses the benefits, the science behind it and the ease of which these skills can be used to assist in the moment to help reduce negative emotions.

## WORKSHOPS

**WORKSHOP 1: LEARN TO LOVE YOUR MIND**

An interactive workshop that will leave you with practical skills to understand - How mindfulness can teach us to accept and manage more effectively the cards that life has dealt us.

**Facilitator: Liv Downing, Psychologist, Coach and Meditation Teacher, Smiling Mind**