



P R E S E N T S

In Your Head

E V E N T P R O G R A M

THURS 20TH AUG 2026



GOLDFIELDS ART CENTRE,
KALGOORLIE

FEATURING KEYNOTE SPEAKERS

SPECIAL GUEST



MELISSA WU

Aussie
Olympic Diver



CHRIS HARRIS

Clinical
Psychologist



LILY GRESELE

Mental Health Initiative
Founder



CHAD AZIZ

Ultra Marathon Runner,
Guinness World Record Holder

WITH THANKS TO OUR MAJOR PARTNERS:



BREAKOUT SESSIONS



ELEANOR SWICK
zero2hero

Compassion in Action

What if being kinder to yourself and others was actually a mental health skill? Inspired by zero2hero's Humankind program, Eleanor explores the power of compassion, emotional awareness, and human connection. In this deep dive of what compassion means beyond the buzzword, you'll learn how compassion can help regulate emotions, strengthen relationships, and support mental wellbeing, both for yourself and the people around you.

Women's Talk

This female-only session is a space for honest conversation about women's mental health and wellbeing. Together, we'll explore the pressures young women face, challenge the expectation to always seem okay, and build the confidence to support one another, have real conversations, and reach out for help when it's needed.



NOAH DILLON
zero2hero

Your Story, Your Sound

Got a lot running through your mind? Sometimes it's easier to write it out. Join triple J featured artist Noah Dillon in this session to learn how to turn your thoughts into lyrics, and how you can use music to process, express and connect.

Heroes Toolkit

Everyone needs tools to get through tough days. Explore 4 of the 8 tools in Zero2Hero's Heroes Toolkit and learn simple, practical ways to look after your mental health, support your mates, and recognise when you might need extra help. Small tools. Big impact.

Men's Talk

This male-only session is your space where real conversations can happen. Together, we'll explore what it means to be a man today, challenge the pressure to always have it together, and build the confidence to have honest conversations, look out for your mates, and ask for support when it's needed.

BREAKOUT SESSION 1 11:00am - 11:30am

Session	Presenter	Location	Capacity
Compassion in Action	Eleanor Swick, zero2hero	Main Theatre	700
Your Story, Your Sound	Noah Dillon, zero2hero	Ensemble Room	100
More Than Meets the Eye	Lauri Parr, Forrest Research Foundation	Function Space	100
Project Move - Hip hop for heart and mind	Lamb, OWLKEYME	Dance Studio	70
Meditation	Rosey Moorhouse, Pitched Silent Disco	Art Gallery	65

BREAKOUT SESSION 2 11:40am - 12:10pm

Session	Presenter	Location	Capacity
Heroes Toolkit	Noah Dillon, zero2hero	Main Theatre	700
Finding the Words: The Art of Difficult Conversations	Stuart Hayward, zero2hero	Ensemble Room	100
The Regulation Code	Holly & Mary, headspace Kalgoorlie	Function Space	100
Project Move: Hip hop for heart and mind	Lamb, OWLKEYME	Dance Studio	70
Meditation	Rosey Moorhouse, Pitched Silent Disco	Art Gallery	65

BREAKOUT SESSION 3 12:20am - 12:50pm

Session	Presenter	Location	Capacity
True-Colours	Stuart Hayward, zero2hero	Theatre	700
Men's Talk	Noah Dillon, zero2hero	Ensemble Room	100
Women's Talk	Eleanor Swick, zero2hero	Function Space	100
Project Zen: Yoga	Lamb, OWLKEYME	Dance Studio	70
Meditation	Rosey Moorhouse, Pitched Silent Disco	Art Gallery	65



More Than Meets The Eye
LAURI PARR
Forrest Research Foundation

Every day, you're surrounded by images that can influence how you think and feel. More Than Meets the Eye explores how social media, advertising and visual media can impact your mental health. Discover practical ways to be more intentional about what you consume, build healthier habits, and support your wellbeing.



The Regulation Code
HOLLY & MARY
headspace Kalgoorlie

Big feelings happen. Learn what to do next. Through fun facts, role play and hands-on activities, you'll explore what's happening in your brain and body when emotions run high, learn simple ways to manage overwhelm, and build confidence to help a friend through tough moments.



LAMB
OWLKEYME

Project Move – HipHop for heart and mind

Join some of Perth's most dynamic movement leaders for a high-energy hip hop session that's all about expression, confidence and connection.

From the streets to the stage, the team bring years of experience in street dance, choreography, and youth mental health.

Whether you're a first-timer or love to move, this session invites you to drop in, let go, and feel the beat. No pressure. Just good vibes, big moves, and real connection.

Project Zen – Yoga

Slow down and reconnect with yourself with Lamb, founder of OWLKEYME, in a yoga session designed to support your mental wellbeing. No pressure or perfect poses, just your chance to breathe, move, and reset. Explore how yoga can help you feel more grounded, connected, and ready to take on whatever comes next.



Meditation
ROSEY MOORHOUSE
Pitched Silent Disco

Slow down, switch off the noise, and reconnect with yourself in this immersive guided meditation experience. Using silent disco headsets and an ambient soundscape, you'll be guided through a calming meditation designed to build confidence, strengthen self-worth, and quiet the inner critic. No experience is needed! This is a chance to pause, breathe, and give your mind the space it deserves. This powerful session helps calm the nervous system, reduce stress, and leave you feeling grounded, relaxed, and empowered.



STUART HAYWARD
zero2hero

Finding the Words – The Art of Difficult Conversations

Join actor & performer Stu, and put yourself in the middle of conversations that don't always come with a script. Explore how you'd respond when things get tough, build confidence in your communication skills, and pick up practical tools for navigating real-life conversations with empathy and authenticity.

True-Colours

Why do some people thrive in chaos while others need a plan? Why do some people speak up instantly, while others listen first? Inspired by the E-Colours personality framework, this session explores different communication styles, strengths, and ways people show up in teams, friendships, classrooms, and everyday life.

You'll discover how different minds work, communicate, and connect better understand yourself, work with different personalities, and build stronger connections with the people around you.



8:30am	In Your Head Commences Registration Open Mental Health Expo Open
9:30am	Morning Session
10:45am	Morning Tea
11:00am	Breakout Session 1
11:40am	Breakout Session 2
12:20pm	Breakout Session 3
12:50pm	Lunch
1:20pm	Afternoon Session
2:30pm	In Your Head Concludes

Get in touch

hello@zero2hero.com.au

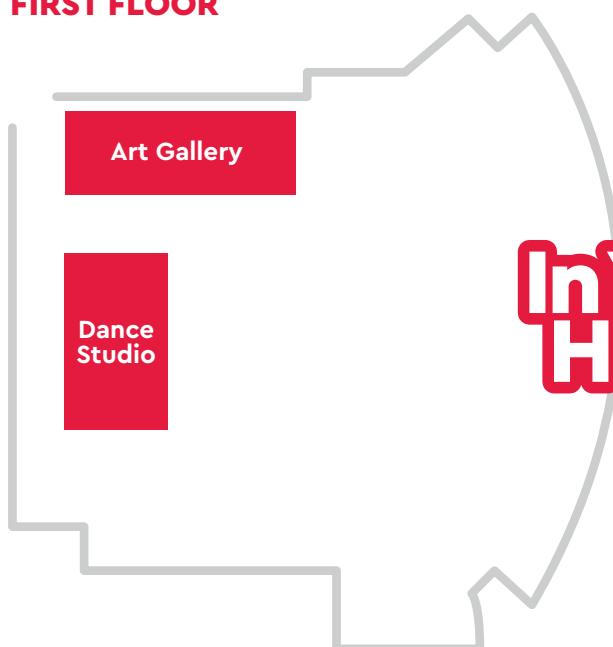


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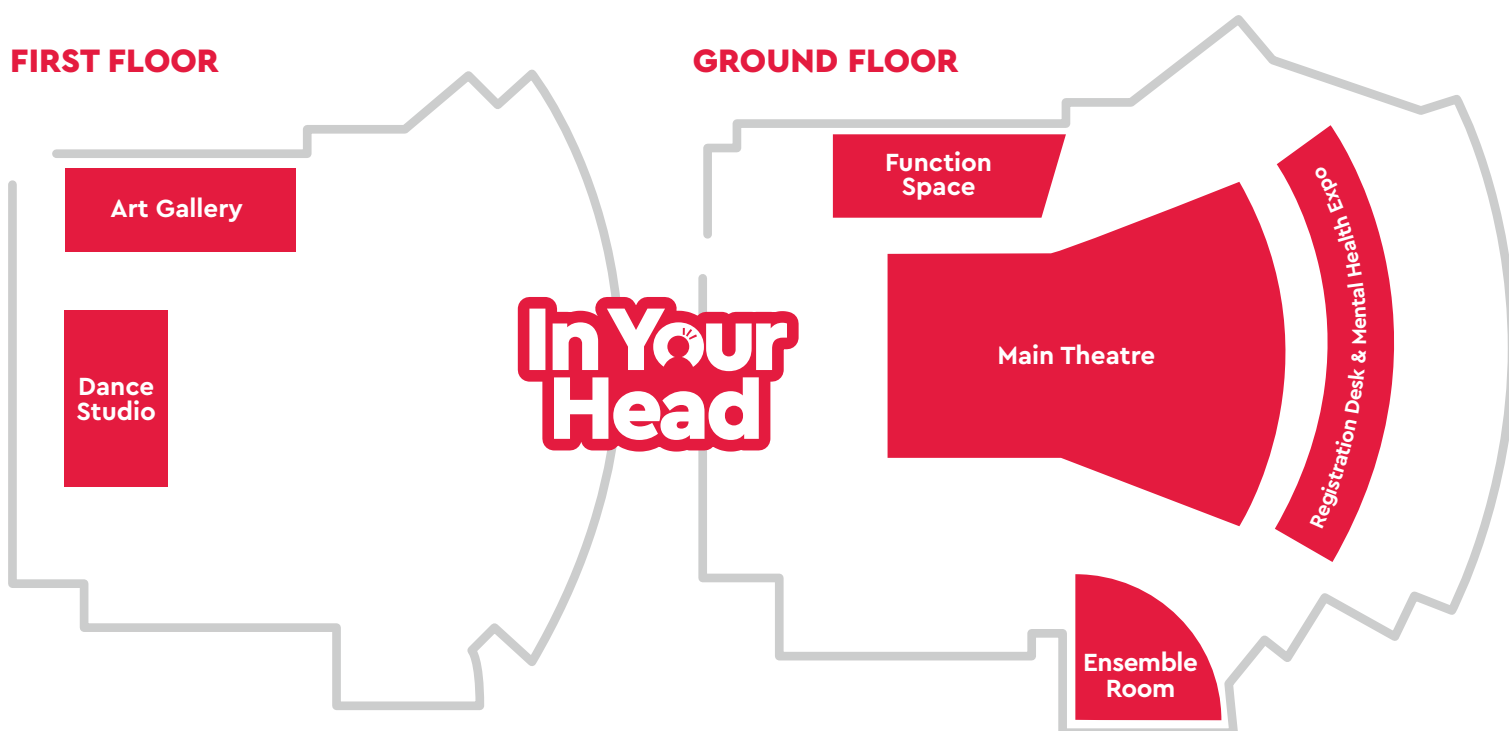


Tell us what you thought of today's event. Fill out the survey for your chance to win!

FIRST FLOOR



GROUND FLOOR



About us

zero2hero empowers young people to positively manage their own mental health and wellbeing, and support others to do the same.

We offer a range of school programs, camps and events that all aim to educate, engage, and empower the young heroes of today, to become the leaders of tomorrow!



Educate

Build real understanding of mental health & suicide prevention.



Engage

Spark honest conversations that break down stigma.



Empower

Create confident young leaders who look out for each other.