



P R E S E N T S

In Your Head

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

TUES 18TH AUG 2026



**PERTH CONVENTION &
EXHIBITION CENTRE**

FEATURING KEYNOTE SPEAKERS

SPECIAL GUEST



MELISSA WU

Aussie
Olympic Diver



DR KYLE HOATH

Psychiatrist & Health
Technology Executive



LILY GRESELE

Mental Health Initiative
Founder



CHAD AZIZ

Ultra Marathon Runner,
Guinness World Record Holder

WITH THANKS TO OUR MAJOR PARTNERS:



Program Guide

MC: Lisa Woodbrook
Acknowledgement of Country: Wesley College Moorditj Mob

8:00am	In Your Head Commences Mental Health Exhibition Open
	Teachers Lounge Open Chill Out Space Open
9:00am	Morning Session - <i>Theatre</i>
10:15am	Morning Tea
10:30am	Breakout Session 1
11:10am	Breakout Session 2
11:50am	Breakout Session 3
12:30pm	Breakout Session 4
1:00pm	Lunch
1:30pm	Afternoon Session - <i>Theatre</i>
2:30pm	In Your Head Concludes

Venue map

Teachers Lounge: **1**
Breakout Sessions: **2, 3, 4, 6, 7, 8**
Chill Out Space: **10**
School bag storage: **11, 12**



Mental Health Expo Zone

The Expo Zone is your place to explore what's out there for you. Meet organisations, services and people who are here to support young people, from mental health services to community organisations, and more. Have a chat, ask questions, grab some info, and find out what's available to you.

Whether you're looking for support, wanting to learn more about something that interests you, or just seeing what's happening in your community, take some time to wander through the Expo Zone and discover what's out there.

Chill Out Space

Need to hit pause for a bit? Our Chill Out Space, facilitated by Youth Disability Advocacy Network, is a calm space where you can take a moment to recharge and reset before jumping back into the day.

Whether you need a quiet moment away from the crowds or just want to slow things down for a little while, the space is open to everyone throughout the event. Drop in whenever you need, then dive back into the day's events when you're ready.

Exhibitor Bingo

Grab your Exhibitor Bingo card from your Goodie Bag and get chatting! While you're checking out the Expo Zone, chat to exhibitors, and see if you can find all the answers to the questions on your bingo card. Get around to as many exhibitors as you can, have a chat with the different organisations and see what they're all about. Once you've filled in your card, drop it back to the zero2hero Expo table for your chance to win some prizes!

Teachers Lounge

Exclusively for teachers, educators and school staff, the Teachers Lounge is open all day as your space to learn, pause, and connect. Enjoy a coffee on us, join educator-only breakout sessions, chat with the zero2hero team about our programs, or simply take a break between sessions.

Don't forget to check your Teachers Lounge Program Guide so you don't miss the sessions designed especially for you.



Breakout Sessions

BREAKOUT SESSION 1 10:30am - 11:00am

Session	Presenter	Location	Capacity
Heroes Toolkit	Noah Dillon, zero2hero	Theatre	1000
Nourish Your Mind	Bobbie McPhail	8	130
Student Voices: A Conversation with the Minister for Education	Sabine Winton, Minister for Education	7	130
Find your frequency: Sound & Stillness	Izzy, Sound Healing Perth	6	70
Project Move - Hip hop for heart and mind	Lamb, Will & Viv, OWLKEYME	4	130
Finding the Words - The Art of Difficult Conversations	Stuart Hayward, zero2hero	3	130
Pressure & Performance Panel	Bradd Dalziell, Ruairidh Aver, Ruth Aryang, Michael 'Sonny' Walters	2	130

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

Session	Presenter	Location	Capacity
True-Colours	Stuart Hayward, zero2hero	Theatre	1000
Befriend Your Body	Asha Holland	8	130
Mind Over Media	Nicole Jameson, Dark Horse Agency	7	130
Back To Breath	Mel Evans, Flow of Vitality	6	70
Project Move - Hip hop for heart and mind	Lamb, Will & Viv, OWLKEYME	4	130
Mood Boost Bingo	Lisa & Hannah, Kids Helpline	3	130
Pressure & Performance Panel	Bradd Dalziell, Ruairidh Aver, Ruth Aryang, Michael 'Sonny' Walters	2	130

BREAKOUT SESSION 3 11:50am - 12:20pm

Session	Presenter	Location	Capacity
Steady Through Stress	Alyssa Angwin, zero2hero	Theatre	1000
Men's Talk	Noah Dillon, zero2hero	8	130
Empowerment Energy	Kate Raston, We Are W/M	7	130
Project Zen - Yoga	Lamb, OWLKEYME	6	70
Mood & Muscle: Move for Your Mind	Coach Pierce, Revo	4	130
Drawing Breath	Lilly Blue, The Art Gallery of WA	3	130
Purpose & Passion Panel	Lisa Woodbrook, Wade McColl, Johnny Debnam, Sexton	2	130

BREAKOUT SESSION 4 12:30pm - 1:00pm

Session	Presenter	Location	Capacity
Compassion in Action	Bradd Dalziell, zero2hero	Theatre	1000
More Than Meets The Eye	Lauri Parr	8	130
Feeling is Healing	Sarah Dlugosz & Beth Walker, Anglicare	7	130
Project Zen - Yoga	Lamb, OWLKEYME	6	70
Mindful Movement	Charlene Carlisle, Act Belong Commit	4	130
Your Story, Your Sound	Noah Dillon, zero2hero	3	130
Purpose & Passion Panel	Lisa Woodbrook, Wade McColl, Johnny Debnam, Sexton	2	130

BREAKOUT SESSION SPEAKERS



Back to Breath
MEL EVANS
Flow of Vitality

Slow it down and tap back into yourself, through breathing techniques designed for real life.

Explore simple ways breathwork can help to manage stress, calm racing thoughts, and feel more grounded, whether you're at school, at home, or navigating everyday chaos.

This guided session is all about using your breath as a tool to reset, regulate, and reconnect with yourself.



**Find Your Frequency:
Sound & Stillness**
IZZY
Sound Healing Perth

Take a break from the busyness of everyday life and join Izzy for an immersive sound experience. Using calming sounds, vibrations, and relaxation techniques, this session offers a chance to reset your mind, recharge your energy, and leave feeling more grounded and present.



Mind Over Media
NICOLE JAMESON
Dark Horse Agency

Your feed is designed to keep you scrolling... but it doesn't have to call the shots. Digital strategist Nicole Jameson from Dark Horse Agency explores how algorithms shape what we see, think and feel online. Learn to spot the tricks, protect your wellbeing, and build a digital world that works for you.



Feeling is Healing
**SARAH DLUGOSZ
& BETH WALKER**
CYPRESS Anglicare

Join Sarah and Beth, bereavement counsellors with CYPRESS Anglicare for a session aimed at understanding emotions and their role in our human experience. You will learn some emotion regulation techniques, helping you to process and become more comfortable with your emotions.



Draw It Out
LILLY BLUE
*The Art Gallery of
Western Australia*

Discover how creativity can support your wellbeing in this hands-on session with the team from the Art Gallery of WA. You'll explore how Drawing Breath techniques can help you slow down, express yourself, process emotions, and calm the noise in your mind.

No artistic experience needed, just get creative, and see how art can support your mental wellbeing.



Mood Boost Bingo
LISA & HANNAH
Kids helpline

Wellbeing doesn't have to be serious to actually work. Join Kids Helpline for a fun, fast-paced session packed with simple ways to boost your mood, manage stress and reset your mind.

Through games, high energy moments and chill strategies you'll test out real world tools, while racing to complete your Bingo card and win prizes along the way.



Empowerment Energy
KATE RASTON
We Are W/M

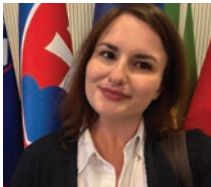
This female-only session is about building strong, genuine friendships and supporting each other to grow into the best versions of ourselves. Through thoughtful conversations and practical activities, we'll explore what it means to show up for one another and create a space where everyone feels seen, heard, and respected.



Befriend Your Body
ASHA HOLLAND

In our online world of filters, AI, unrealistic beauty standards and SO much pressure to look a certain way, it can feel really hard to like your body.

In this eye-opening workshop with award-winning presenter and Confidence Coach Asha Holland, you will find out how to shift your mindset, avoid comparison and feel more confident in who you are, without needing to change anything about yourself!



More Than Meets The Eye
LAURI PARR
Forrest Reserve 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.



Nourish Your Mind
BOBBIE
Bobbie McPhail

Ever noticed how what you eat can affect your energy, concentration or even your mood? Nutritionist and health educator Bobbie McPhail will explore the fascinating connection between food and mental health, sharing practical, realistic ways to fuel your brain, boost your wellbeing and feel your best.

No fad diets or complicated rules, just simple ideas you can actually use in everyday life to power your body and mind.



Project Zen – Yoga
LAMB
OWLKEYME

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.



PANEL
**Purpose
& Passion Panel**
*Lisa Woodbrook,
Wade McColl, Sexton,
Johnny Debnam*

Hear from inspiring changemakers, creatives and leaders as they share how they found what lights them up, and stayed connected to it through life's highs and lows. Explore passion, purpose and backing yourself through setbacks, while discovering the people, interests and ideas that keep you grounded, energised and moving forward.



**Project Move
– HipHop for heart
and mind**
**LAMB, WILL
& VIV**
OWLKEYME

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.



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.



Steady Through Stress
ALYSSA ANGWIN
zero2hero

Stress is part of life, but staying steady through it is a skill. Explore zero2hero's Steady Through Stress program and learn to recognise stress, understand its impact, and use practical tools to reset when things feel overwhelming. Build your resilience, manage pressure, and know when to reach out for support.



**Mood & Muscle:
Move for Your Mind**
COACH PIERCE
Revo

We all know exercise is good for our bodies, but it can boost your mental wellbeing too! Join this fun, energising 30-minute movement session and experience the connection between movement and mental health. No matter your fitness level, come have a go, build confidence, manage stress, boost focus, and leave energised.



PANEL
**Pressure &
Performance Panel**
*Ruairidh Aver, Ruth Aryang,
Michael 'Sonny' Walters*

What does it really take to perform under pressure, without losing yourself in the process?

Hear from athletes and high performing sport stars as they unpack the realities of balancing expectations, mental health, study, sport, and everyday life.

From setbacks to big wins, this honest panel dives into resilience, self-belief, and staying grounded while chasing goals.

This session is packed with real stories with practical takeaways you can lean on when navigating pressure in your own life.



Compassion in Action
BRADD DALZIELL
zero2hero

What if being kinder to yourself and others was actually a mental health skill? Inspired by zero2hero's HumanKIND program, Bradd explores compassion, emotional awareness, and connection. Discover what compassion really means, how it can strengthen relationships, support wellbeing, and help you better understand and manage your emotions.



**STUART
HAYWARD**
zero2hero

True-Colours

Why do some people thrive in chaos while others need a plan? Explore different communication styles, strengths, and personalities through the E-Colours framework. Discover how different minds work, communicate, and connect, helping you better understand yourself, work with others, and build stronger connections in everyday life.

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.



**Student Voices:
A Conversation with the
Minister for Education**
SABINE WINTON
Minister for Education

What should the future of mental health and wellbeing in schools look like? Join Sabine Winton, Minister for Education, for an interactive session where you can share your ideas, have your say, and explore what helps students thrive and what schools could do differently. The future starts with your voice.



Mindful Movement
CHARLENE CARLISLE
Act Belong Commit

This energising session will have both your mind and body switched on, with a focus on simple physical, cognitive, social, and emotional tools you can use to boost mindfulness, engagement, and your mental wellbeing!



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.

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!

Get in touch

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#inyourhead



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

zero2hero

Your camp adventure awaits!

FIND OUT MORE ➔



camp hero

