

IN YOUR HEAD 2020 BREAKOUT SESSIONS

Thursday 3rd September



SOCIAL MEDIA AND MODERN MENTAL HEALTH

Tik Tok. Snapchat. Instagram. What kind of impact are these apps having on our mental health and how can we improve it? Learn from young presenter David Castelanelli (author of Study Secrets) as he discussed the impact of social media on happiness and student success.

WITH DAVID CASTELANELLI



YOGA & MEDITATION

Madelaine's teachings allow you to build strength and resilience, being challenged in a safe way so you can develop a few extra tools for your belt to take out into life. Perhaps the key feature of Madelaine's classes though is a deep, soothing, restorative relaxation at the end, leaving you feeling truly rejuvenated and invigorated afterwards.

WITH MADDIE FISHER



UNSHAKEABLE

To be unshakeable means to be a person who knows what he or she wants - going out there and making it happen for yourself. It means to be a person who doesn't apologise for being unconventional, making mistakes, having to ask one more time or for going after what he or she wants in the first place.

WITH SHAUN KAY



LGBTQI+ ALLIES AND ADVOCATES

7 steps towards Supporting LGBTQI+ Peers and Communities: Join Nathaniel from the Freedom Centre in exploring some ways you can be a more informed and supportive peer to LGBTQI+ people & communities.

WITH NATHANIEL TAYLOR



GRIEF AFTER SUICIDE

Manuela is a Dramatherapist who works in the CYPRESS program supporting young people (6-18 years) who have had a close person die by suicide. In this breakout session we share some important messages for anyone who is going through this type of grief, and introduce some ideas that can help get you through.

WITH MANUELA MACRI



SELF-AWARENESS, THE IMPORTANCE OF ASKING FOR HELP

Brad was a survivor of the 2002 Bali Bombing which killed 7 of his close friends. He will tell his story of the attack, and give you an insight into how he has dealt with the effects of trauma and grief over the last 17 years. This will highlight the importance of understanding your personal mental health condition and how to seek the help and guidance when required to keep you being mentally healthy.

WITH BRAD MCILROY



BODY IMAGE BREAKTHROUGH

Tips and tricks for the ultimate in self acceptance. Turn down the volume of the inner meanie and own your worth beyond your image. Join Founder of Core Confidence, Physio and youth mentor, Sabine McKenzie, as she breaks the stigma surrounding eating disorders and body image struggles. Instilling kindness is her jam - a kindness that starts from within.

WITH SABINE MCKENZIE



90'S JAMS

Come jam out with Lamb and the Owls from OWLKEYME to some 90's R'n'B/ Hip hop Beats! Ever wanted to learn some urban/hip hop moves? We got you! Come have a laugh (at yourself) and create a vibe with us. We are bringing old school beats and some old school moves. No judgement just a lot of hype. Anyone can join!

WITH NICOLE LAMB



EXAM STRESS AND ANXIETY

In this session we will explore the stressors that can be associated with taking exams. We will provide you with information and tools to help you improve your focus and create a strategy to support your mental health in preparation for, and in the undertaking of, exams. We will explore the emotions behind stress and anxiety, the different way we can recognise stress in our bodies, where to focus your energy for success, and looking at the big picture - context matters!

WITH CLAIRE HAYNES



UNSTICK THOSE ICKY FEELINGS: THE POWER OF EMOTIONS AS LIFE NAVIGATIONAL TOOLS

Emotions can be full on and overwhelming, but did you know they are sending us messages? If we are angry someone has crossed one of our boundaries. If we understand why we feel what we feel, we can give ourselves permission to feel the emotion (rather than get stuck in it) and take a positive course of action. Learn how to 'read' your emotions and how to move emotions in your body through various techniques including movement, breath work and writing.

WITH ANGIE ROCHE



GOOD MOOD FOODS

This workshop is aimed at providing you with an understanding of the relationship between what you eat and how you feel. What foods to eat and which foods to limit so you can feel your best. How to properly fuel your brain and body to support your performance, health and general wellbeing. Simple, practical nutrition advice aimed at influencing brain function, mood and resilience.

WITH BOBBIE MCPHAIL



PEAK PERFORMANCE IN SPORT

In sport, there's far more to succeeding than just your physical skills. To be successful you need to be able to understand and manage your thoughts and emotions. This topic will discuss techniques and methods to help you perform at your best more consistently and deal with performance anxiety and nerves.

WITH TOM SCOLLAY



STUDENT PANEL: BEING A MENTAL HEALTH HERO IN YOUR SCHOOL

Kai Lovel is a digital disruptor, Gen Z expert & TEDx Speaker. Based in Perth, WA, he's a young person who's followed his curiosities, through a journey of entrepreneurship, broadcasting & speaking. Today, he works with organisations to amplify their business missions through digital strategies & solutions. Kai was a student at Camp Hero in 2018 and has stayed involved in the camp programs as a volunteer. More recently he was a keynote speaker and panel host at In Your Head 2019.

WITH KAI LOVEL

**MORE DYNAMIC AND ENGAGING
BREAKOUT SESSIONS TO BE
ANNOUNCED**