



zero2hero<sup>®</sup> INVITES YOU TO

# IN YOUR HEAD 2020

WA's Annual Youth Mental Health Forum for Young People



# IN YOUR HEAD'S 2020 KEYNOTE SPEAKERS



**Andrew Fuller**

**CLINICAL PSYCHOLOGIST, FAMILY THERAPIST, AUTHOR & AMBASSADOR FOR ADOLESCENT SUCCESS, THE LION'S CLUB ALCOHOL AND DRUG AWARENESS FOUNDATION AND MIND MATTERS**

As a clinical psychologist, Andrew Fuller started working in psychiatric crisis teams with people who were at their last hopes which inspired him to help people create futures they can fall in love with. His work with more than 500,000 young people and 2,000 schools has developed our understanding of resilience and identified the concept of The Resilient Mindset and the three main components of resilience - Connect, Protect and Respect (CPR). As Andrew describes, resilience is "the happy knack of being able to bungy jump through the pitfalls of life - to rise above adversity and obstacles."

Andrew is a Fellow at the University of Melbourne and has been a scientific consultant for the ABC. He is an ambassador for Adolescent Success, the Lion's Club Alcohol and Drug Awareness Foundation and Mind Matters. He has been a principal consultant to the Department of Education Bully Stoppers initiative and the national drug prevention strategy REDI, and is a regular presenter on Radio National. Andrew's research on neuro-developmental differentiation takes the research on resilience and positive education back into the classroom where it can make the most difference.

**HOCKEYROO, ZERO2HERO AMBASSADOR & LIFELINE COMMUNITY CUSTODIAN**

Georgia Wilson is an Australian field hockey player who debuted for the youth national team in 2016, and quickly made her way up to become the youngest Hockeyroo in a squad of 27 athletes by 2017. A devastating ACL tear in early 2018 saw her take the sidelines for the entirety of the year, undergoing a full knee reconstruction and gruelling 14-month rehabilitation. The significant injury provided her with the opportunity to complete her Bachelors degree, specialising in Human Biology and Marketing. It was also during this time she expanded her love of cooking and nutrition, launching her own small business in 2019, Activ8 Hockey, which involves school holiday coaching camps for athletes aged between 6 -16 years old.

After suffering with depression and anxiety when challenged with her mother's breast cancer diagnosis, her parent's divorce and a challenging battle to overcome an eating disorder, Georgia has become extremely passionate about the role and necessity of mental health in both sporting and personal life. She is an ambassador for youth mental health organisation, Zero2Hero and is one of only seven athletes in Australia to become a Lifeline Community Custodian. She has her eyes set on continuing to play for Australia and plans to commence her Medicine studies to fulfil her career pursuits of becoming a sports doctor.



**Georgia Wilson**



**Kendall Whyte**

**FOUNDER & CEO OF THE BLUE TREE PROJECT, 2019 WESTERN AUSTRALIAN OF THE YEAR – YOUTH AWARD FINALIST**

Kendall Whyte is a 27-year-old woman who grew up in the country town of Mukinbudin, Western Australia. After losing her brother Jayden to suicide in November 2018, Kendall helped create the 'Blue Tree Project'. Beginning as a grass-roots campaign, the 'Blue Tree Project' has flourished into a not-for-profit making an impact, with over 400 trees painted blue around Australia so far.

The mission of Blue Tree Project is to help spark difficult conversations and encourage people to speak up when battling mental health concerns by painting dead trees blue. By spreading the paint and spreading the message that "it's OK not to be OK", they are helping break down the stigma that's still largely attached to mental health.

**FOUNDER OF INDIGENOUS COMMUNITIES EDUCATION AND AWARENESS FOUNDATION (ICEA) AND IYARN, 2015 EY ENTREPRENEUR OF THE YEAR**

Lockie Cooke has spent his professional career immersed in reconciliation, community development and job creation. Lockie is the founder of the Indigenous Communities Education and Awareness Foundation (ICEA) which was created with the purpose of facilitating reconciliation between young Australians. Lockie was awarded the EY Entrepreneur of the Year for the Western Region of Australia in 2015 and is a past board member at the School for Social Entrepreneurs Australia, Broome Futures Limited and is currently a strategic advisor to the Kimberley Land Council. Lockie has represented youth, indigenous, community and industry engagement organisations throughout Australia and internationally at events such as the United Nations Convention, Commonwealth Heads of Government Meeting (CHOGM) and the G20 summit. Lockie currently heads up a business called iyarn, which is a new health and wellbeing software platform. iyarn works with community groups and health practices to build connection amongst the community promoting greater mental health outcomes.



**Lockie Cooke**

# 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**

# WHAT IS IN YOUR HEAD?

Join hundreds of students and teachers at WA's only Mental Health Forum for Young People! In Your Head features keynote presentations and breakout sessions that provide young people and teachers with a greater understanding of adolescent mental health and practical skills to support their wellbeing.

## WHAT TO EXPECT

- Keynote presentations with mental health leaders
- Appearances from professional athletes
- A variety of workshops to choose from
- Sample different ways of maintaining good mental health
- Stress management activities



## EVENT DETAILS

DATE: Thursday 3rd September 2020

TIME: 8.00am registration  
9.00am start  
2.30pm conclusion

VENUE: Perth Convention and Exhibition Centre

COST: Students from \$45\*  
Teachers/Adults from \$20\*  
Groups from \$450\* (admit 11 guests)

WHO IS IT FOR?  
STUDENTS & TEACHERS.  
A SCHOOL EXCURSION LIKE NO OTHER!

## HOW TO BOOK

Register online at

[ZERO2HERO.COM.AU/EVENT/IN-YOUR-HEAD-2020](https://zero2hero.com.au/event/in-your-head-2020)

OR

Complete booking form and  
send to [events@zero2hero.com.au](mailto:events@zero2hero.com.au)

OR

Contact [events@zero2hero.com.au](mailto:events@zero2hero.com.au)  
for a School Booking Form.



FOR MORE INFO GO TO [ZERO2HERO.COM.AU/EVENT/IN-YOUR-HEAD-2020](https://zero2hero.com.au/event/in-your-head-2020)