



EMPOWERING  
YOUNG PEOPLE  
TO MEET TOMORROW'S  
CHALLENGES AND  
OPPORTUNITIES



WHERE ARE YOU HEADED IN **LIFE?**  
WHAT'S **IMPORTANT** TO YOU? WHAT WILL HELP YOU BUILD  
THE **STRENGTH** AND **RESILIENCE** TO MEET THE CHALLENGES  
AND OPPORTUNITIES LIFE THROWS AT YOU?

Game Changers is a series of seminars created to provide ideas, inspiration and support for young people in our community. Each event will feature world renowned thought leaders from business, sports and wellness professions. At its heart, Game Changers is a chance for youth, parents and mentors to come together to discover the path to health and wellbeing - physical, emotional and financial.

In our kick-off event AFL champion and media star Jonathan Brown, world leading psychiatrist Dr David Horgan, mental health ambassador Jane Fitzgibbon, wellness expert Meg James and PETstock CEO Shane Young will inspire new ideas and spark conversations.

Young adults, parents and mentors are invited to discover the power and possibilities of this series. With a focus on personal and professional growth, this is a night where young and old alike can begin to shape the future they want. Much like the popular TED Talks no presentation will run longer than 15 minutes.

THIS EVENT IS OPEN TO **EVERYONE**. TO ASSIST ORGANISERS WE ASK THAT YOU REGISTER ONLINE.

<b>DATE</b>	Wednesday 8th March 2017
<b>VENUE</b>	Xavier College EHPAC Centre, Barkers Rd Kew, VIC, 3101.
<b>TIME</b>	7.00pm
<b>COST</b>	Gold coin donation - all funds raised go to Let's Talk and Australian Suicide Prevention Foundation
<b>REGISTER</b>	<a href="http://www.trybooking.com/OQAV">www.trybooking.com/OQAV</a>
<b>SCHEDULE</b>	Arrive 6.30pm - 7pm Presentations 7.00pm - 8.15pm Questions 8.15pm - 8.30pm Networking 8.30pm - 9.00pm

Any queries please contact Mike Beardsley on  
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Presented by



# SPEAKER | INFORMATION



## **JONATHON BROWN**

Leadership / Reinventing Yourself

After a glittering AFL career with Brisbane Lions, Brown has quickly assumed the unique position of having universal appeal as he undertakes a career in the media. Known for his courage, strength and imposing style of play, Brown's career was headlined by three Premierships, three Brisbane Lions Club Champion awards, two All-Australian berths and a Coleman Medal in 2007. Brown's standing amongst his peers speaks volumes – having won both the AFLPA Best Captain and Most Courageous Player awards on multiple occasions. Off-field, his playing style, presence and country boy nature has seen him liked by fans across the game. He has made a seamless transition into life post football and remains one of the game's modern icons.



## **JANE FITZGIBBON**

'Let's Talk'

52 years of age, married to Michael for 25 years and a third generation sheep and cattle farmer in South West Victoria. Mother of Sophie & Sam and grandmother of Poppy Jane. A registered nurse, working in Terang & Mortlake health service for 28 years, the past 10 years as the Director of Nursing. In collaboration with St. John of God Mental Health, Shire Representatives, Emmanuel College, Coast FM radio & other committed community members the 'LET'S TALK' initiative has evolved and been presented to over two thousand people including schools, sporting clubs etc. The plan in 2017 is to continue presentations across communities in South West Victoria with the aim of reducing stigma and encourage early intervention.



## **PROFESSOR DAVID HORGAN**

'It could never happen to me or could it?' - Depression and wellbeing

Dr David Horgan is the Founder and Medical Director of the charity Australian Suicide Prevention Foundation. As a highly qualified Clinical Associate Professor of the Department of Psychiatry at University of Melbourne, David is committed to stopping the #1 killer of Australians aged between 15 and 44. He established an Australia wide freecall telephone suicide prevention service in 1997, the only entry under Suicide in all 55 telephone directories. He later established the websites [www.youthsuicide.com](http://www.youthsuicide.com), [www.suicideprevention.com.au](http://www.suicideprevention.com.au), [www.aftersuicide.com.au](http://www.aftersuicide.com.au) and [www.depression.com.au](http://www.depression.com.au) as community services. He has been interviewed on The Drum and as far away as South Korea. Come along and participate in an open discussion and see how we (you) can play a significant role in reducing this curse.



## **MEG JAMES**

Moving Forward With Mindfulness

Meg James discovered yoga and meditation at the age of sixteen, using the practices to quell her anxious tendencies. After several years her love affair with the practices ignited a deep passion for holistic wellbeing, and lead Meg to take the leap from the advertising world into teaching, completing her 350hr Advanced Diploma of Yoga Teaching with the Australian Yoga Academy. Meg's meditation classes focus on using mainstream mindfulness techniques to improve focus, clarity and intuition. She provides students with the skills to overcome the perceived barriers to meditation (eg. "I don't have time" and "my mind is too busy") and how to adopt a practice into everyday life.



## **SHANE YOUNG**

Think Like an Entrepreneur

Shane Young, CEO of PETstock, founded the company in 2002, 11 years after the Young family took ownership of Ballarat Produce in 1991. Shane wrote his business plan for PETstock in the sand at Coolangatta Beach and is pleased to have seen it become reality with over 140 stores around Australia and New Zealand. Shane, along with his brother David, built the business on family values and a passion for pets. He demonstrates true entrepreneurial spirit and understands the importance of embedding innovation into his business. Come and hear how Shane has created both a strong brand and a business that has shown an impressive growth history over two decades.