

# Circular 076:10:14



**To:** Junior Coordinators  
Chief Instructors  
Club Secretaries  
Aquatic Sports Executive  
Club Presidents  
Club Captains  
M&LD Executive

**Cc:** All Members

**From:** Membership & Leadership Development Department

**Date:** 8 October 2014

**Subject:** Female Leadership Network: Pink Ribbon 'Girls Night In'

**Action:** Registrations by Tuesday, 28 October 2014

For additional details on this Circular please contact:

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Circulars are available at <http://www.lifesavingvictoria.com.au/circulars>

## FLN Session 9 Thursday, 30 October – Life Saving Victoria

“Count Down to Summer - Health & Wellbeing Session” - Guest Speaker – Steph Prem,

The 9<sup>th</sup> session of Life Saving Victoria (LSV) Female Leadership Network will be a special ‘Girls Night In’ event held on Thursday, 30 October 2014 from **6:30pm** at Life Saving Victoria - 200 The Boulevard, Port Melbourne.



The ‘Girls Night In’ event is all about bringing women together, celebrating, and raising money to help Cancer Council beat breast and gynecological cancers. The iconic pink ribbon is symbolic to many females within lifesaving; the Female Leadership Network provides the perfect platform to unite females and help raise money for such a worthy cause.

This unique FLN event will focus on health and wellbeing, with the lead up to summer, providing attendees with a greater understanding of health, fitness and nutrition, to assist in preparing the mind and body to meet the demands of the imminent lifesaving season.

The FLN ‘Girls Night In’ event is open to all females in lifesaving, with members and staff encouraged to bring a friend along to the session.



### About the LSV Female Leadership Network

The LSV Female Leadership Network is open to all Females 18+ within the movement including staff and volunteer members from all roles and facets that have a genuine interest in networking, personal growth and professional development.

### For further details about the FLN:

<http://www.lifesavingvictoria.com.au/www/html/1831-female-leadership-network.asp>

## Session 9 Thursday, 30 October – Life Saving Victoria

“Getting Ready for Summer - Health & Wellbeing” - Guest Speaker – Steph Prem

**Session Details:** The 9th session of the LSV Female Leadership Network will held on Thursday October 30 from 6:30pm at Life Saving Victoria - 200 The Boulevard, Port Melbourne. Duration: 6:30pm – 9:00pm (approximately)

This unique session will entail a 30-minute motivational talk, 30 minute Pilate's session and a 30-minute health talk, with a healthy food and drinks selection being provided This session will explore how nutrition and regular exercise affect our overall health and wellbeing. Pilates will be tailored to all fitness levels.

Attendees will be inspired by LSV's wellness coach Steph Prem and will walk away with key nutritional information and exercise tips for the season ahead.

The session will be \$15 per person to attend (payable on the night) with proceeds being donated to the Pink Ribbon Foundation, raffles and other fundraising activities on the night.

### Presenter: Steph Prem

Former Winter Olympian, Presenter, Speaker, Commentator and Health and Wellness Expert Steph Prem (nee Hickey) wears many hats.

Steph is most recently known for her role as expert commentator and panelist for Channel 10's coverage of the 2014 Sochi Winter Olympic Games. Her depth of knowledge, athletic history, passion and love of snow sports made her a unique edition to Channel 10's commentary team.

A five-time Australian Champion, Steph was the only female to represent Australia in snowboard cross at the 2010 Winter Olympic Games.

Aside from her sporting career Steph has been equally successful off the slopes building her media profile through various roles:

- Channel 7 Victorian Snow Reporter
- Channel 10's The Circle Winter Segments
- MTV and Virgin Airlines -“Featured” Billabong's Reality Documentary Series
- Channel One and ch31- Going Ballystyx Snowboard Show Presenter
- Blogger for Women's Fitness Magazine
- Host and producer for various winter and travel segments for national and international networks

Prior to her Olympic debut, Steph studied Musical Theatre at the Victorian College of the Arts. She also studied a Bachelor of Drama and Dance at Deakin University, and worked as a dance teacher/choreographer for 5 years at Cheril Rowston School of Dance.

Steph is a lover of action sports, and runs her own motivational fitness and Pilates business in Melbourne as well as her active lifestyle blog [premium-performance.com](http://premium-performance.com). Bringing a wealth of knowledge and experience to any presenting, panellist or corporate speaking role Steph is quick-witted and charming with her personable nature allowing her to create a strong rapport with her audience.

**Celebrating the theme of health and wellness, we will be offering light healthy refreshments and beverages.**

Already a member of FLN? Please click here to register for session 9, further details on what to wear and bring will be provided upon registration:

<https://lifesavingvictoria.wufoo.com/forms/female-leadership-network-girls-night-in/>

Please click here to join the Female Leadership Network and receive updates on new opportunities:

<https://lifesavingvictoria.wufoo.com/forms/lsv-female-leadership-network-registration/>

**REGISTRATIONS FOR THE NETWORK AND SESSION 9 CLOSE ON TUESDAY, 28 OCTOBER 2014**

