

Circular 234:05:14



To: Junior Coordinators
Chief Instructors
Club Secretaries
Club Presidents
Club Captains

Cc: M&LD Executive
Aquatic Sports Executive

From: Membership & Leadership Development Department

Date: 28 May 2014

Subject: **Female Leadership Network: Session 7 Preview**

Action: Registrations close Friday, 20 June 2014

For additional details on this Circular please contact:

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

The 7th session of the LSV Female Leadership Network will held on Thursday, 26 June 2014 from **6:30pm** at Life Saving Victoria - 200 The Boulevard, Port Melbourne. **Duration: 6:30pm – 9:00pm (approximately)**

To celebrate the 1st year since the FLN's inception, this session will celebrate female success, tips on maintaining resilience, overcoming adversity and embracing life's challenges. Steph Prem, Winter Olympian, will also share her inspiring story.

This session is open to all females in the LSV Female Leadership Network, who are looking to enhance their own personal profile, network with likeminded females and further develop their leadership potential.

About the LSV Female Leadership Network

The Life Saving Victoria 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.

The objectives of the network are:

- to enhance the development of our female leaders and our future leaders
- create an environment that encourages socialisation and positive relationships between female participants
- encourage further involvement and opportunities for females in the lifesaving movement
- develop leadership skills through a variety of activities, keynote speakers and networking events
- provide the opportunity to develop new networks within lifesaving
- provide the opportunity to develop broader professional networks that extend beyond lifesaving and into professional industries and everyday life
- partner with other areas of lifesaving to encourage collaboration across all areas of the movement
- provide mentoring opportunities to female leaders within lifesaving

Networking, mentoring and workshop events are planned to take place throughout the year





Session 7 Thursday, 26 June 2014 – Life Saving Victoria

“Embracing life’s challenges” - Keynote Speaker – Steph Prem

Session Details: The 7th session of the LSV Female Leadership Network will held on Thursday, 26 June 2014 from 6:30pm at Life Saving Victoria - 200 The Boulevard, Port Melbourne. Duration: 6:30pm – 9:00pm (approximately)

This session will explore the following key themes:-

- Creating a resilient you
- Overcoming adversity
- Embracing life’s challenges

Presenter: Steph Prem
Winter Olympian
Motivational Speaker
Presenter



My name is Steph Prem (nee Hickey) and I’m a winter-aholic.

Born & bred in Melbourne I’m proud to say I’m Australian but have traveled to many parts of the globe and due to my chosen professional sport I have happily lived out of an oversized suitcase since I was 16. I’m yet to see a summer... 9 years & counting.

Happiness was instilled in me at a young age. I grew up in a baby boomer family that believed in dreaming BIG and always having a crack! I clearly bought into that big time as I went on to pursue professional winter sports- with their full encouragement. ...And just quietly being a “winter” Olympian from Australia proved to present similar problems that of the Jamaican bobsled team faced.

Following my Olympic debut in 2010 I broke my back in a horrific snowboarding accident where I ... lets just say did not land gracefully off a 50ft jump.

‘Broke’ is my abbreviation for 5 broken ribs, 2 compressed discs (and L5 fracture we found out later by CAT scan) dislocated hip, severe spinal whiplash, bone bruising and ‘give an AFL player a run for his money’ impact bruising - aka hematoma overload.

Needless to say my comeback to professional sports has been that of a struggle. My get-back-on-snow ASAP plan has just created setbacks and 3 years of living in denial about how bad my injury really was/is I’m now on a focused journey to a pain free world and anything healthy that will help/contribute to the process.

I’ve tried everything from Valium & cortisone to acupuncture, fasting and interpretive dance to heal myself and the journey continues to date to heal myself from the inside out.

I’m a vocal, passionate, active female sharing my somewhat unconventional life experience, knowledge, love for the outdoors, opinions and everything in-between with you.

Already a member of the network? Please click here to register for session 7:

<https://lifesavingvictoria.wufoo.com/forms/lsv-female-leadership-network-session-7/>

Please click here to join the Female Leadership Network:

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

REGISTRATIONS FOR THE NETWORK AND SESSION 7 CLOSE ON FRIDAY, JUNE 20, 2014

