

Circular 079:10:16



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: 19 October 2016

Subject: Female Leadership Network Session 17 & Session Program 2016/17

Action: Registrations close for FLN session 17 Tuesday, 22 November 2016

For additional details on this Circular please contact Shelley Snow on 03 9676 6945 or email shelley.snow@lsv.com.au
Circulars are available at <http://www.lifesavingvictoria.com.au/circulars>

FLN Session 17 –Thursday, 24 November 2016 - Life Saving Victoria

'The Resilience Project'

Session Details:

We are pleased to announce the 17th session of the Life Saving Victoria (LSV) Female Leadership Network, presented by Martin Heppell from the Resilience Project, who will explore very topical and timely themes around building, supporting and maintaining resilience.

Participants will explore strategies of **Mindfulness** (being present in the moment, not becoming distracted by unhelpful or negative thoughts) **Empathy** (thinking of the needs of others/kindness) and **Gratitude** (appreciating what you have, not begrudging what you don't) and ways that these can be used to promote positive mental health. Martin will share his own stories of his experiences in applying these strategies in his work and in everyday life, to support participants to practice in their own lives and support others.

Duration: 6:30pm arrival for 7:00pm – 8.30pm

Session Registration

This session cost is \$15 for LSV FLN members and \$20 for guests and non-FLN members.

LSV FLN Members can bring a guest for free if registering before November 5th – use code 2FOR1 when booking.

Please select the following link to register for Session 17:

<https://www.trybooking.com/238344>

The Resilience Project

The Resilience Project's mission is to teach mental health strategies to youth and adult Australians. The team have a unique program where they focus on real-life experience to deliver engaging and sustainable strategies through Sport, Schools and Corporate clients. Their initial work with schools and early intervention has expanded into both Sport and Corporate, working with many AFL, Rugby League and other sporting organisations and Corporate clients such as VicRoads and Officeworks.

REGISTRATIONS FOR SESSION 17 CLOSE ON TUESDAY, 22 NOVEMBER 2016





2016/2017 FLN Program

The following dates are provided as a save the date, further details will be released closer to the date;

FLN Session 18 –Thursday, 7 December

FLN Session 18 - Social Networking Event

Session Details: The FLN invites all current FLN members and those interested in participating to join us for an end of year social networking event. The Social Network event will be an information opportunity to get together and network, celebrate this year's achievements and share information for the upcoming season.

Venue: TBC

FLN Session 19 –Thursday, 2 March 2017

FLN Sessions 19 – Keynote Speaker

Session Details: To be confirmed

Venue: Life Saving Victoria, Port Melbourne

FLN Session 20 –Thursday, 4 May 2017

FLN Sessions 20 – Keynote Speaker

Session Details: To be confirmed

Venue: Life Saving Victoria, Port Melbourne

About the LSV Female Leadership Network

In June 2013 Life Saving Victoria launched the Female Leadership Network (FLN), with a mission to bring females from all facets of the organisation, together to inspire and be inspired, to encourage cultural change through positive leadership, creation of positive female role models and provide females to opportunity to develop, network and share.

The network is open to all females over 18, including both staff and volunteer members. Two years in, the network now has over 200 active members representing 53 lifesaving clubs, with members ranging from aged 18 through to 75 years in a range of roles within Lifesaving.

The FLN continues to grow and provide opportunities to share, network and be inspired by likeminded females, through keynote sessions, member training, professional development opportunities, networking and skills development workshops, state and international scholarships, as well as an ongoing active online presence.

For further details about the FLN:

<http://lsv.com.au/clubs-members/leadership/female-leadership-network/>

Not a member of FLN? 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/>

Session 17 Presenter Bio: Martin Heppell, The Resilience Project

Martin's background is unique. He spent a considerable amount of time growing up in Borneo (whilst his father studied an Iban Dayak headhunting tribe). He was also educated in different parts of South East Asia. He is heavily influenced by the morals and values that he and his family were surrounded by whilst living with the Iban.

After finishing high school in Melbourne, Martin spent 3 years in the AFL system, playing AFL football for St Kilda and Melbourne and then for Norwood in the SANFL. Subsequent years were then spent travelling the world backpacking for nearly 3 years, and upon return to Australia, Martin studied primary teaching. After completing his degree at Melbourne University, he commenced teaching at Auburn Primary. After 4 years, he was appointed as the Assistant Principal at Auburn Primary where he held that role for another 4 years – focusing on student well-being, educational leadership and cultural change.

He has also coached AFL football at the Box Hill Hawks, and as First XVIII coach at both Carey Grammar and Xavier College. In all environments, he has thrived in situations that have presented challenges and have required optimism. He is passionate about children being given the opportunity to be raised in a positive manner that evokes confidence and a zest for life

