

# Circular 158:02:16



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**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:** 10 February 2016

**Subject:** **Female Leadership Network: Session 14 - Active Living and Healthy Lifestyles**

**Action:** Register by 5:00pm on Tuesday, 1 March 2016

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For additional details on this Circular please contact:  
Shelley Snow on 03 9676 6931 or email [shelley.snow@lsv.com.au](mailto:shelley.snow@lsv.com.au)  
Circulars are available at [www.lsv.com.au/circulars](http://www.lsv.com.au/circulars)

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## FLN Session 14 – Keynote Speaker Harriet Brown - Thursday, 3 March 2016 (Ocean Grove SLSC)



### “Active Living and Healthy Lifestyles”

#### Session Details:

The 14<sup>th</sup> session and first Female Leadership Network session for 2016, will be held on Thursday, 3 March 2016 from 5pm at Ocean Grove SLSC. Duration 5pm – 9pm (approximately)

Supported by the Greater City of Geelong the LSV Female Leadership Network is pleased to invite all Females 16+ members and guest to join this special event, featuring Harriet Brown, elite Surf Ironwoman, Ocean Swimmer, Exercise Physiologist, Pilates Instructor and Speaker.

The session will focus on active living, health and wellbeing, providing participants with a greater understanding of the importance of health, fitness and nutrition, to assist the mind and body to meet the many demands of life. Members and staff encouraged to bring a friend along to the session.

**Session Details:** Thursday, 3 March 2016  
5:00pm – 9:00pm  
Surf Beach Road, Ocean Grove  
(Melway Map 497 G1)  
Open to females 16 yrs +

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



## Session 14, Thursday 3 March – Ocean Grove SLSC

### Active Living and Healthy Lifestyles – Keynote Speaker Harriet Brown

This unique session will feature Victoria's greatest ever Ironwoman Harriet Brown. The session will include a 1 hour (optional) technical board session, for those keen to learn and better their board techniques, followed by a keynote presentation and networking session. It will explore how nutrition and regular exercise affect our overall health and wellbeing.

Attendees will be inspired by Harriet Brown as she provides real experience, coupled with practical tips and key information to assist participants to make good choices and make long lasting changes to assist in sustaining their own healthy lifestyle.

**5pm** Technical board session (optional)

**6pm** Arrival

**6:30pm** Main session to commence

**9pm** Session concludes

\*\* Refreshments will be served throughout the event.

### Keynote Speaker: Harriet Brown



Harriet Brown is an elite Surf Ironwoman, Ocean Swimmer, Exercise Physiologist, Pilates Instructor and Speaker.

Harriet was a top young pool swimmer who was drawn to the beach at Ocean Grove by her elder sister Alexandra. Unwilling to stand and watch as she competed in nippers, Harriet joined in and began her career in the surf at Ocean Grove SLSC. She stayed in her home state until finishing high school, when she moved to Northcliffe on the Gold Coast to pursue her career as an IronWoman.

Harriet has steadily progressed through the ranks since her Nutri-Grain IronWoman series debut in 2010. She competes all over Australia as part of series and has travelled the world as part of the Australian Junior Surf Life Saving and Northcliffe teams.

Throughout her time in the Nutri-Grain IronWoman series, Harriet has combined work and study with the rigours of training and racing. She is now an exercise physiologist who teaches Pilates on the side.

Harriet's passion is active living and healthy lifestyle and absolutely loves her sport!

### Session Registration

This session cost is \$10 for LSV FLN members and \$25 for guests and non-FLN members.

Please click here to register for Session 14: <http://www.trybooking.com/KJXU>

Further details on what to bring and wear will be provided upon registration.

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 14 CLOSE 5pm ON TUESDAY, 1 MARCH 2016**

