

# GET A GRIP OF THE GRIND™

BE FEARLESS IN EXPLOITING YOUR STRENGTHS

SHIFT YOUR MINDSET & BEHAVIOURAL TRAITS

STRENGTHEN YOUR CONFIDENCE

UNMASK MOTIVATORS



## PRESENTATIONS 2021

*Presentations have unlimited capacity, operating on a walk-in basis for ticket holders.*

### **How the grind catches you (formal opening)**

**Dr. Eibhlin Fletcher & Festival Ambassadors**

The COVID-19 pandemic has highlighted the pivotal role women play in our society, our critical industries, and our families. At the same time, Australian women have reported increasing rates of anxiety and depression leaving many at risk of burnout. As we begin this new year, there are women from all walks of life looking to recover, rediscover their purpose, and get a grip of the grind. To move forward with confidence and live the life they choose, with the encumbrance of societal and gender expectations. We'll share with you all the research on how the grind is getting women stuck, and the importance of putting yourself first to stay in top performance at work and at play (or home)! If you need evidence for your workplace, this is it, if you need evidence for yourself, hear the stories and the data first hand at our formal opening.

### **Befriending fear**

**Bernadette Dornom**

Bernadette routinely pushes herself past her comfort zone. As a world class adventure racer for the past 10 years, she's competed in events from 24 hours up to 10 days non-stop as part of a four-person team, securing many podiums. She's learned what it is like to run on empty, grapple with fear, be lost, accept help, support others, and make heart-breaking calls, all to get her team across the line. Normally Bernadette would be racing in some remote location in February, but lucky for us she's expecting her first baby at the age of 40.

### **Accidental warrior**

**Simone Cariss**

An accidental gender equality warrior, Simone was thrust into the spotlight in 2016 when she dared to question the archaic school uniform policy of girls being denied the right to wear pants and shorts to school. A failed negotiation with her daughters' local school, a petition that went viral (22K signatures) catalysed Simone to co-found Girls' Uniform Agenda (GUA). For Simone, GUA is her passion project, that she commits to purely as a volunteer. In her day job, Simone is an Occupational Therapist, who has worked in public health for more than fifteen years. Let Simone inspire you to leave a legacy in your world.

### **Empty nest looming becomes a catalyst for action**

**Sarah De Wolf**

Sarah was running with her tribe one morning when her bubble finally burst, and her tribe saw the doubt and dread of the next chapter of her life as her kids began their lives post school. Get A Grip of the Grind supported Sarah through a discovery process, leading her to commence a nursing degree aged 47. Now qualified for more than a year she is thriving as an oncology nurse.

### **Confidence and cash: Why facing your financial fears can change your life**

**Erika Jonsson**

We all know only too well that women typically earn less than our male counterparts. And COVID-19 has accentuated this trend even further, with the gender pay gap sliding further from reach during the pandemic.

Whilst the odds remain stacked against us, there's good news too. The ASX Investor Study 2020 shows that, for the first time, more women than men are intending to become investors in the next 12 months. And there's significant evidence to show that women make better investors than men. The key lies in confidence and education. And both may be closer than you think.

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Join Erika Jonsson from Six Park for a deeply personal story of transformation through the twin worlds of fitness and finance and learn how facing your financial fears could change your life in more ways than one. This presentation is perfectly paired with the “How to be a financial superwoman” workshop.

## Wake up to the potency of sleep

**Katrina Streatfeild**

If sleep was not necessary for the optimum performance of the brain and the body, evolution would have ditched it millennia ago. Yet, we still aim to burn the candle at both ends. Actually, we applaud and boast this in contemporary life. Chronic sleep mismanagement leads to lapses in attention, emotional instability, increased sensitivity to pain, metabolic and cardiovascular disorders, immune dysfunction and, in extreme cases, death. Katrina will explore the damaging effect of sleep mismanagement and the astounding benefits of sleep on the brain and the body. Getting a grip of the grind can simply start with you getting a grip of your sleep.

## Walking to wellness

**Anthi Emmanouil-Playne**

Anthi's affinity with nature was fostered early in the landscapes of Boonwurrung Country, Wilson's Promontory, Victoria. Her infectious love of people and nature has since led to her building 20 years of experience working with young people in the outdoors, youth work and mental health sectors; including therapeutic services to outdoor leaders specialising in self-care. Join 50 DAYS Co-founder Anthi as she shares her life-changing journey of walking to wellness along The Australian Alpine Walking Track (AAWT), one of Australia's most iconic trails spanning 655 kilometres from Walhalla, Victoria to Tharwa, Canberra. 50days will have a product stand at the festival where you can see and feel the lightest of their gear and maybe make that investment so you can walk a little lighter on your next hike.

## The need for speed

**Amber Anderson**

Amber would say she likes 'driving things'. The reality is that it's at break-neck speed. More recently across the Finkel desert as a co-pilot in preparation to have a crack at it herself. She has a career racing profile to envy; 93 races entered, across V8 Ute, supercars, Porsche 944 and production cars. She has also competed in the Bathurst 12-hour race. She's had no podiums, but she's had a lot of fun. Amber is also into horses, skiing and diving. I love the fact that she 'dislikes slow cars!' Her favourite quote is '*if it was easy, everyone would be doing it*'. Back at work, she was a corporate lawyer, transitioned to head hunting and is refining her cornering (also on mountain bikes since her trip to the festival last year). Her stories of hard work, passion and speed will drive you to put the foot to the pedal on the way home.

## 11,000 km through south America

**Sarah Brindley**

Sarah does not consider herself to be an adventurer nor an athlete. Yet a few years ago she left a job she loved as an exec at a successful European fintech start up and set out on her dream to cycle the length of South America. Somewhere up in the Andes mountains and in the middle of 11,000km of pedalling, her outlook on life changed, leading her to change its course in a way she hadn't anticipated. Sarah will share what she thought you needed to know to make a trip like this, versus what she actually learned to be important through this life-altering experience.

## Kitchen table chat

**Eibhlin Fletcher and guests**

This is an opportunity to have an informal, up close and personal chat with Eibhlin and some guest facilitators and speakers throughout the festival. It'll take place in the festival lounge.

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## WORKSHOPS 2021

### **The curious thing about strengths: Discover the amazing you** Laurice Temple and Rosalyn Duck

Come and explore your key strengths, deepening your understanding using a lens of curiosity in an hour. By striving to be the best we can be, we can also bring out the best in others. We will delve into explicit links between strength use, flow and their positive benefits in all aspects of life. Learn some tips on how to leverage your unique mix to help you live in a more engaged, energised and fulfilled way.

### **How to be a financial superwoman: Savings, investing and superannuation** Erika Johnson & Michele Nevins

We all hope that when we've finished our working lives, we can retire in comfort. But the reality can be very different, especially for women. While our participation in the workplace has never been greater, as women we are still well behind when it comes to wealth and financial security. Join Erika Jonsson and Michele Nevins from Six Park for a frank discussion about money and the key financial pillars of savings, investing and superannuation.

### **Help for making tough and emotional decisions**

**Trudy Rankin**

Do you need to make a decision soon? One which, you know, deep in your heart, is going to have a major impact on your life? Are you feeling paralysed by too many choices? Or struggling to get clarity about what the options are or what those potential impacts will be? In this practical, hands-on workshop, we will be working our way through a decision-making framework that has literally helped 1000s of people make up their minds about what to do when faced with a potentially life changing decision. Learn a robust decision-making process you can use again and again. One that helps takes some of the emotion out of choices, so you can focus on making your decision with a clear mind.

### **Who is your champion? (It's you!)**

**Sharon Crain**

Are you your own worst enemy when it comes to backing yourself for that next career move? Sharon will coach you to best position yourself in the job market so you can fearlessly take on the world when re-entering the job market in 2021. Sharon will present the key learnings from her two decades in the industry, what she has learned about the differences in how men and women approach the job market, and why women can be their own worst enemy when it comes to job hunting.

### **Increase your impact as a leader**

**Michael Bartura**

In 2016, through a world-wide research, the global consultancy Bain & Co identified "33 distinct and tangible attributes that are statistically significant in creating inspiration in others. Out of all these attributes, Centredness (defined as a 'State of greater Mindfulness' was highlighted as the skill that employees wanted most to develop. The research also confirmed the role of Centredness in transforming relationships in the workplace and in the commitment of both management and employees to 'walk the talk' en route to a more successful and resilient workplace. This seminar is designed to enhance participants' leadership scope and practices.

### **Developing psychological safety and stronger relationships** Laurice Temple and Nicole Jordan

Psychological safety is a key element of building trusting and healthy relationships. In this workshop we will explore the research behind psychological safety and how to build deeper and more meaningful relationships through building safety and trust both in our personal and professional lives.

### **Manage stress more effectively**

**Michael Bartura**

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The idea for this workshop is to unpack the basics of how resilience starts with one's own mindset and provide a practical application to manage daily stress with a quick introduction to handling the overall difficulty of so-called existential angst. In a sense, it is a practical philosophy class. This workshop is designed to provide participants with a 'grip on the grind' of how the Covid19 crisis affected our daily lives and provide a focus on how to develop Mind-Fitness to handle the pressures experienced by all through 2020 and beyond.

## Uncover your superpowers

**Thelma Vlamis**

We all have strengths that we can dismiss because they come so naturally to us. What if you are missing important information about your superpowers that could be used to help you step outside your comfort zone. For example, going for that job interview, starting your own business, asking for a pay rise, going to a class at the gym or going on a date. This will be an interactive, fun workshop that will help you identify your unique superpowers so you can feel confident and empowered to achieve your goals. You will walk away with a list of your superpowers and a plan on how to use them. What superpowers will you uncover?

## How to make 3 power smoothies for better energy, mental clarity & hormonal balance

**Vicky Jamieson**

As women, we have different needs to men - nutritionally, especially as your hormones change and energetically, as emotions change which can be positively supported. In this practical workshop learn smoothie recipes that will provide you with all the nutrients you need for energy that also taste good! so you can be at your optimum - mentally, physically and emotionally - all day long....

## Stress and motivators insights workshop

**Dr. Eibhlin Fletcher**

The real conflict in relationships happens when our primary driving forces, our motivators clash. What people see us do, our behaviours, does not tell others WHY we did what we did. At the festival we combine the Motivators report with a Stress Quotient diagnostic. The TTI Stress Quotient™ measures 7 core workplace stress hotspots and 17 subfactors that have the potential to contribute to an individual's overall stress in the workplace. On its own the Stress Quotient gives life changing insights to where your stressors originate from. However, in combination with the Motivators report the insights will show an alignment between your work and core values and/or whether you're on the path to self-destruction.

## How to come up with ideas for an online business that will work for you

**Trudy Rankin**

Has the pandemic meant you are now unemployed, underemployed or at risk of losing your job? Have you been thinking about starting your own online business ... or doing something that will bring in a bit more cash? In this practical, hands-on workshop, we'll help you find and validate an online business idea that will match your personality and build on your life experiences and strengths. By the end of the workshop, you will have an idea you can take home to discuss with family and friends, some online tools and techniques to validate your idea and what to do to make your business come to life.

## Supercharge your lifestyle to be in control of your day, every day

**Vicky Jamieson**

Discover three basic principles that help busy women have a calm, grounded energy all day long, regardless of workload. These principles will prevent burn-out, over-commitment and a feeling of being in "the grind". Modern women need these daily skills that do not cost extra time - so YOU are the boss of your day, not others, enabling a more efficient and constructive way to get results, both at home, in the boardroom. The premise of getting your own oxygen mask on first sounds good in theory, but in today's world you need a strategy on what gives you the biggest result with the least effort without being consumed with the priorities of others. This workshop is a "how to" workshop with real life strategies on:

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- how to structure your day for success;
- how to get more energy from your food and nutrients (and the difference between the two);
- how to tap out from stress;
- how to beat the bloat, digestive complaints and changing weight with hormonal transitions.

With these sound and simple strategies in place, you will truly feel in control of your day - rather than your day controlling you.

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## ADVENTURE ACTIVITIES 2021

*Capacity limits apply to most activities for safety and social distancing reasons*

### Vertical challenge and freefall

This vertical challenge offers a fun and challenging experience working through four separate climbs. The climber negotiates a range of different challenges and mediums to reach the very top, before belaying down. Standing 7 metres off the ground, participants hang from a bar and 'fall' 2 metres in the vertical position, before the steep stainless steel slide guides them to rest horizontally. Prepare to feel your stomach in your mouth. The sense of free falling is a bucket list much if you've never experienced it before.

### Valley Homestead

### White water rafting (11 spots only)

Experiencing the Kiewa River from Mt Beauty will be awesome fun as it has lots of actual rapids. Kayaking is often done on white water or different degrees of rough water, grading rivers from Class I to Class VI (ahem...impossible). Dealing with risk and the need for teamwork is often a part of the experience. Adventure Guides Australia will kit you up and select suitable craft for the conditions of the Kiewa river starting the adventure in Mt Beauty town centre. It's guaranteed to be way more than just a float down the river!

### Adventure Guides Australia

### Abseiling

Mt Buffalo is a rock climbing paradise, particularly for big wall climbing. We will focus on going down rather than up. First, you'll practice abseil from the 25 metre beginners abseil site near the stone hut in the Mt Buffalo visitors' car park. This abseil has some interesting challenges and feels very safe due to the trees that shade the site. We then move on to our 35 metre beginners abseil site (Echo Point lookout). This site has a fantastic view of the gorge and is one of the most stunning abseils on Mt Buffalo. Be prepared to take in the view as you lower yourself off the granite rocks. Suitable for any fitness level.

### Adventure Guides Australia

### Crevasse

Burston's Crevasse at Mt Buffalo is a horizontal boulder infill type ravine, some 400 metres long and descending about 150 metres into the main Gorge. We squeeze through holes - descend steep slopes - crawl through and into caves - use ropes and steel wire ladders to climb and have great fun as you get up close and personal with the granite rock of the region. The views of the Alps and the cliffs are magnificent throughout this experience. A much drier version of the underground river caving experience it will still test your mental aptitude and push your comfort zone.

### Adventure Guides Australia

### Hiking

The experience of hiking is unique, research suggests, conveying benefits beyond what you receive from typical exercise. Not only does it oxygenate your heart, but it also helps keep your mind sharper, reduces rumination, keeps your body calmer, your creativity more alive, and your relationships happier. Hiking in nature is so powerful for our health and well-being that some doctors have begun prescribing it as an adjunct to other treatments for disease with lots of research to back the benefits up. We'll offer you two stunning hikes as you explore the High

### Adventure Guides Australia

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Country lead by Jeannette McGill of McGill's Mountains. One will take place on the Mt Buffalo Plateau, the other will commence from Bright and do a route close to town.

## Mountain biking introduction

We're slowly converting people to riding dirt. Loving this outcome from the festival. Mountain bikes are a great way to get out and enjoy the outdoors. It would be ideal if you can already ride a bike, but you don't need to be a gung-ho mountain bike rider. This session will start with the basics and give you the opportunity to ride a mountain bike on basic terrain like gravel roads and tracks. Learn about the correct body position and how to use your brakes and gears, the knack to going around corners! All participants will need to be MTBA members for the course. This can be done as a free trial membership.

## Jump your bike

The ability to jump is not reserved for the young and the crazy. In fact, there's no 'craziness' about it—it's a skill that can be learnt by anyone, irrespective of age or length of time riding. Catching air can be fun but it's not just about showboating at the local jump park. On the trail it be used to clear a rock garden or smooth out a momentum-killing washaway. Whatever the motivation, the same basic skillset is required, and it can be learnt. We've teamed up with Cyclepath to stretch your comfort zone a wee bit more this festival.

## Yoga

Yoga is a staple of the festival. Immerse yourself in a one-hour mindful yoga class outside in the morning rays at festival HQ. Whether you need to warm up for a day of action in the hills or stretch out after the previous days' exertions; shift some stuck energy from a busy week or bring your focus out of your head and into your body; this class will give you some well needed time for yourself, including a deep relaxation to finish. The classes are suitable for all levels.

## Power pole and flying fox

The power pole offers two pole climbs with a leap off the top to grab a trapeze mid-air. Participants will wear full body harnesses for each activity. Two Valley Homestead instructors will coach you throughout your experience that'll exercise your mind, your body (no fitness required) guaranteeing to super boost your confidence, and of course give you an awe-inspiring story and magnificent brag points forever. Flying fox, what can I say? It's one of the longest I've ever seen, whipping over a gorge away from the madding crowd. Seriously, who doesn't love a good flying fox! Valley Homestead staff will be on hand to coax you off the edges ☺

## Trail Running

An easy introduction to trail running. No longer than 6 km. Very easy pace with experienced trail runner and guide. Got some hills to climb, where you'll learn the art of walking, maybe with poles! All the trail runners give in to walking just to be on the dirt. We definitely won't be moving anywhere at speed as I'll have completed (fingers crossed) a 55 km trail race on Mt Buller the weekend before ;-)

## Boxing

## Boxing

## Cyclepath

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## Emily Rose Yoga

## Valley Homestead

## Eibhlin Fletcher

## Alpine Fitness Centre

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Boxing is an all-encompassing workout to improve muscle tone, cardio endurance, coordination and core. Punch and kick a variety of bags, mitts and pads whilst de-stressing, having fun and getting a sweat on. The Alpine Leisure Centre will be introducing you to this sport. You asked, we delivered.



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## Other Weekend Activities

Throughout the weekend, a **festival lounge** will be set up near reception (at the Bright Community Centre). Our speakers, facilitators and festival ambassadors as well as the festival founder will be mingling here throughout the weekend. Use this space to eat your lunch, chill, catch a powernap, seek some advice or bask in the aura of the maverick women who inspire you, potentially read a book. We have two scheduled Kitchen Table Chats over the weekend at this location.

**Friday night** is a star light showing of some women adventuring somewhere in the world. Movies are selected for us by the hosts of the Adventure Travel Film Festival, held 2 weeks before our festival. It's BYO picnic food, chairs, blankets. It will be held in Howitt Park at the back of the Bright Brewery and will be open to the public.

On **Saturday night** The Sheoaks will be providing live music at the networking soiree. Food and drink are available for purchase via cash or eftpos. Bright Brewery will be running the bar. Whoop whoop!!

On **Sunday afternoon** there is a grand raffle with major prizes to be won. See list at the back of this document. You cannot collect your raffle prize if you are not present in the venue. We're trying to ensure the pull of the grind doesn't get its grip on you too early on Sunday 😊

We're also introducing the Bravery Awards for those individuals who got a grip of themselves during an activity and got over their physical or metaphorical hump!

## A COVID safe event

The event will be managed as per the Victorian Government COVID Safe Event checklist. All participants are expected to follow directions of staff and volunteers through the festival. Details are on our website.

## Sponsors

We'd like to thank our key sponsors this year, Six Park and Open Door Development and Recruitment. Other sponsors include the Alpine Shire Council, TTI Success Insights Australia and the Bright Brewery.



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## Raffle Prizes

Here's a sample of our raffle prizes. The full list will be displayed at registration.

Note, if you are not present to receive your raffle prize it will be redrawn for another lucky person who ignored the tug of the world they left behind for the weekend to stay on to the very end. We're trying to build up your resilience to the grip of the grind 😊

- A **full day cross country ski lesson** for up to 6 people from **Adventure Guides Australia**, valued at \$250 pp without ski hire
- Career Clarity coach **Thelma Vlamis** is offering **four coaching sessions** to one lucky individual, \$500
- **Happy Habits coaching** session by Michael Bartura from **Ripple Affect Institute**
- Two one-month memberships to **Online Business Lift-off Community** (worth \$147 each).
- A bottle of indulgent gift-boxed **Pommery Champagne** donated by **Six Park**
- **More than it hurts...and other stories of (mis)adventure by Womxn who climb and mountaineer**, by Wendy Bruere and Emily Small. *A book.*