

**MASTERCLASS****STEP UP + GET YOUR SKIN IN THE GAME:
HAVE YOUR VOICE HEARD BY THE UNITED
NATIONS**

Gavin Choong is the 2024 Australian Youth Representative to the United Nations. In his role, he is responsible for representing the views of young Australians through his Listening Tour: a nationwide consultation of young people aged between 12 and 25. Join Gavin on a 1-hour journey to discuss progress towards the Sustainable Development Goals and what's next on the United Nations agenda post-2030. Throughout the session, you will have the opportunity to provide direct input into his final speech at the United Nations General Assembly and his Listening Tour Report, which will be shared with leaders across the government, business, and civil society.

GAVIN CHOONG**2024 AUSTRALIAN YOUTH REPRESENTATIVE TO THE UNITED NATIONS**

Gavin Choong is the Australian Youth Representative to the United Nations for 2024. He is a youth and human rights advocate, with experience working in First Nations affairs, climate justice, refugee rights, and international development. Gavin is currently in the final year of his Bachelor of Laws (Honours) and Biomedical Science at Monash University. He is passionate about amplifying minority voices, promoting awareness of the diverse challenges faced by marginalised communities, and supporting tangible initiatives which tackle these issues.

**MASTERCLASS****MONEYMATTERS:
NO SHORTCUTS TO THE TOP!**

BASECAMP – Learn the basic financial skills you need before you attack the Summit. SUMMIT – Now you've acclimatized, it's your time to reach for the stars. DESCEND – Success is not just about reaching the top, being risk smart will help you to get home safely. Come prepared to strap on your mountaineering boots as we go on a journey to climb your financial Everest, whether that be to buy a car, a house or to fund your Dangerous Idea.

BELINDA GAUNT**MID NORTH COAST RELATIONSHIP MANAGER - REGIONAL AUSTRALIA BANK**

Belinda Gaunt is Regional Australia Banks, Regional Relationship Manager for the Mid North Coast, but doesn't define herself just by her professional title. She is most proud of her titles of wife to her husband Mark and mother to her 16-year-old daughter Kirsten. She is passionate about leading her team to successfully support regional Australians in all aspects of securing stable financial futures and is an advocate for further education opportunities as well as building resilience and life skills. She has created positive ways in which she can focus on continual personal growth and development and has leveraged off further education opportunities in the following fields: Business and Management diplomas, Certificates in workplace training and assessment, Diploma of Counselling and is currently working on the completion of her Bachelor of Psychology. Belinda has held leadership roles in Banking, Finance, and Insurance for the past 20 years and is no stranger to the challenges and opportunities facing young leaders and entrepreneurs, particularly women in business. She commenced her career in finance at the age of 18 and has been fortunate enough to work with some amazing and inspiring leaders that have helped to support, encourage, and solidify her capabilities and skill sets in financial management and people leadership. She is active in her community, supporting not for profits and charity causes and sits on the Port Macquarie Hastings Council subcommittee of the Port Macquarie Hastings Sporting Fund, which supports young, local sportspeople in achieving their full potential through community and financial support to participate at regional, state, and international levels of competition.



MASTERCLASS

BE THE CHANGE

After two days of inspiring speakers, you're buzzing with energy and enthusiasm. But how can you turn that excitement into meaningful, life-changing action? Join a seasoned masterclass instructor with a decade of experience at Luminosity, guiding countless young leaders to do exactly that. In this hands-on workshop, you'll delve deeper into your own strengths and discover what truly lights you up. Sharpen your mindset, foster collaboration, and develop strategic insights as you embark on the first steps toward shaping a brighter future. Together, we can make a difference. Together, we can... Be The Change.

ANDREW LORD

PERSONAL DEVELOPMENT COACH

Andrew Lord is an out-of-the-box educator turned personal development coach. He specialises in learning, life-design, and leadership, and has dedicated himself to transforming the lives of youth, parents, professionals, and entrepreneurs for the past 2 decades. Andrew's 'Lumo-journey' began in 2014 while mentoring students from Wauchope High School. Enthralled by its transformative potential, he joined the Luminosity team and by 2016, he had launched the inaugural 'Be The Change' Masterclass, which has since become a cornerstone of the Luminosity program. Today, Andrew serves as the director of Blueprint Life Solutions, a business and life-design coach for TAFE NSW, and also partners with numerous impact-driven organisations, continuing his mission to empower individuals to create meaningful change.



MASTERCLASS

PERSONAL BRANDING: HOW TO BEAT TALL POPPY SYNDROME

Matt Purcell, Australia's leading personal branding expert and founder of Australia's only verbal self-defense program Social Kung Fu. He is on mission to help doers think and thinkers do. Today, Matt Purcell whispers in the ears of kings and queens, working with some of Australia's biggest brands and high profile individuals on branding, and business and positioning them to be the best in their field. However, Matt's life wasn't always one of accolades and success. In this masterclass Matt will give his insider tips on how to brand yourself in social media and IRL for success whilst beating "Tall Poppy Syndrome".

MATT PURCELL

FOUNDER SOCIAL KUNGFU & KYU MEDIA

Matt was born in a small town in South Korea called Cholla-Bukto to a young mother who was unable to raise him. Growing up, he grappled with questions about his identity and racial differences, as he realised that he looked different from his adoptive parents. This early curiosity about his background and physical appearance marked the beginning of his journey to self-discovery. As a child, Matt's life took an unexpected turn when his parents revealed that he and his sister were adopted. While this revelation didn't change the love and support he received from his adoptive family, it planted a seed of curiosity about his biological roots and added a layer of complexity to his childhood. Matt has qualifications in mental health and has founded many businesses including "The Green Room MP" which has helped hundreds of young people with music, academy and life coaching which he later sold in 2021. Matt has been acknowledged for his entrepreneurial abilities and was the recipient of the LMBEA Outstanding Young Entrepreneur Award, Sydney Young Entrepreneur Award Winner for Media & PR. Matt founded KYU Media which is an award-winning creative agency based in Sydney, Australia. They are the leading personal branding agency which helps brands and individual's discover their brand identity. Matt was the host of The Examined Life Podcast which regularly reached the #1 position in the Australian iTunes Charts before stopping in 2020. The Examined Life interviewed high-profile Australians to hear their current views about the world, their challenges, and beliefs that had led them towards making better decisions. He is the founder of Social Kung Fu, Australia's number 1 verbal self-defense and confidence training for students. His mission is to impact 1 million students with this training against bullying, and dehumanization and raise a generation to become more self-aware. In 2023, Social Kung Fu partnered with Sydney University in research on the anti bullying program to which in 2024 will be the first evidence based program in Australia of it's kind. In 2023, he co founded The Business Academy with founder of Boost Janine Allis which educates Australian businesses through courses and coaching. Matt has been on national television and has featured in national campaigns for brands such as Ford Motors, Xero Australia, LG Australia, and has spoken on stage for TED-X.

**MASTERCLASS****TAKING CONTROL**

What we choose to focus on can impact what's possible. Learn how to take control of the elements in your life that matter and spend less of your time and energy on the things that don't impact the overall outcome. Join Ben Pettengill in his interactive 'Taking Control' workshop where you will be guided through an engaging process from identification to application. The session will focus on providing proactive and practical strategies to support you in harnessing your full potential through the power of choice and control.

In this session you will...

- Understand the impact of internal dialogue
- Take back control of internal dialogue
- Re-write existing reoccurring stories with a focus on opportunity
- Establish 'Non negotiables' to manage personal performance and maintain holistic wellbeing

BEN PETTENGILL**BLIND SPEAKER, RESILIENCE BUILDER & MENTAL HEALTH ADVOCATE**

People often believe that building their resilience is the answer to overcoming adversity. The truth is, being good at navigating challenge doesn't come from improved resilience, it is dependent on the ability to control focus, maximise action and leverage the power of people. Ben Pettengill understands first-hand what it is like to be faced with extreme adversity after waking up to the reality of losing 98% of his eyesight overnight at age 16. The cause was a rare genetic syndrome, Lebers Hereditary Optic Neuropathy, that had been laying, unknowingly dormant, in his family for generations. Like a lot of change and challenge we face, Ben had no choice in the matter and learned the hard way the importance of focusing his time and energy on what he could control rather than what he couldn't, and experienced the negative impact it had if he didn't. Harnessing his own lived experience, extensive research and knowledge gained from working with organisations right around Australia, Ben shares and instils his 'Make the Most' approach and what it takes to succeed in the face of adversity. Ben ensures he doesn't just deliver valuable messages and practical strategies to his audience, he lives them! Everyday he is driven by his commitment to simply, 'Make The Most'. This commitment has seen Ben become the first legally blind person in the world to compete in Spartan Obstacle Course Races, compete in the Southern 80 water skiing race against able bodied competitors and trek the Kokoda Track in Papua New Guinea, not once, but twice. He isn't stopping there either, Ben is now taking on arguably his biggest challenge yet, 3249 BLIND where he will run 3249km's in 2024 for mental health and suicide prevention. Ben delivers his highly engaging keynote presentations and facilitates his workshops in a down to earth and relatable way, with the audience feeling apart of the conversation. He leads by example through his raw vulnerability, keeps the energy up with humour and provides incredibly valuable insights and practical strategies in a way that ensures a long lasting impact.

**MASTERCLASS****BACKSTAGE PASS**

A backstage learning workshop of sound, lighting and staging for live production events. A full insight view of how the technical requirements are performed for the Luminosity Youth Summit. You will learn the basics of the technical services for live events and experience by the IES team. So that you might consider a career in the live performing arts industry.

SEAN O'BRIEN**CEO/DIRECTOR, EVENT PRODUCTION SPECIALIST**

Sean has over 35 years in the entertainment industry. Sean has worked in 39 different countries, delivering lighting and technical design for National and International live performances, Major artists include; (Diana Ross, Leo Sayer, Margret Ulrich and many more). Major events include: (Lighting of Giza Pyramids, Venetian Casino Macau, Doha Games, Rosemount Fashion Week, China Fashion, Bangarra Dance Co, Slava Snow Show, We Will Rock You Aust) and many other performances. Sean has been a resident in Port Macquarie for over 15 years and has worked on most major events in the local area.

**WARREN BROWN****SOUND/EVENT PRODUCTION SPECIALIST**

**MASTERCLASS****A DAY IN THE LIFE OF A PARAMEDIC**

Being a paramedic is a challenging job, but it is also one of the most rewarding. Paramedics have the ability to save lives and make a real difference in their community. In this session, Paramedics will provide you with a tour of the simulation ambulance from Charles Sturt University. Participants may even have the opportunity to see their own heart rhythm and learn how to read and interpret an electrocardiogram (ECG). Having first aid knowledge is a must-have tool for life's unexpected challenges. You will also have the chance to practice CPR, use a defibrillator, and test your bandaging and wound-dressing skills.

Other session outline examples:

- Learn how to save a life!
- Every second counts, learn first aid.
- Simple tools, powerful results. Learn first aid!

csu paramedic team

**HANNAH STACK**

LECTURER IN PARAMEDICINE AT CHARLES STURT UNIVERSITY

Hannah Stack is a Lecturer in the paramedicine discipline at Charles Sturt University in Port Macquarie. Hannah is currently a registered Paramedic in Australia and the United Kingdom (UK). She has a diverse range of industry experience working previously as a Paramedic in a metropolitan location in the UK and her current Paramedic role with New South Wales Ambulance on the Mid North Coast. In the UK, Hannah was a paramedic mentor for students and worked as a solo responder on the rapid response vehicles. Hannah has completed a Master of Paramedicine (critical care specialisation), and in 2023 she was awarded the Postgraduate University Medal for her academic excellence and research achievements in this course.

**SAM SHERIDAN**

LECTURER IN PARAMEDICINE AT CHARLES STURT UNIVERSITY

Sam started her career in 2009 when completing a Foundation Degree in Paramedic Science whilst employed and working with Yorkshire Ambulance Service. In 2011 Sam began mentoring student paramedics and later became a solo responder on a first response unit. In 2013 Sam moved to the United Arab Emirates (UAE), working as a frontline Paramedic for the emergency police ambulance service in the culturally diverse city of Abu Dhabi. She then began as a Clinical Educator in the UAE helping to develop and train new and qualified emergency medical technicians and paramedics, before arriving at Charles Sturt University in 2016 as a Lecturer in Paramedicine. Sam has completed a Master of Enhancing Paramedic Practice and is a current PhD candidate, specialising in paramedic physical health and fitness.

JESSICA RICKWOOD

ASSOCIATE LECTURER IN PARAMEDICINE AT CHARLES STURT UNIVERSITY

Jess is a registered Paramedic with Australian Health Practitioner Regulation Agency (AHPRA). Jess started her career with the London Ambulance Service before moving to the ACT Ambulance service where she has practiced as an Ambulance Paramedic. Throughout her career she has mentored students and newly qualified Paramedics in transitioning to practice. Jess has been working as a Casual Academic with Charles Sturt and is transitioning to a Scholarly Teaching Fellow at the Port Macquarie Campus whilst completing a Master of Emergency Management. She has a strong desire to explore research opportunities and develop as an educator.

**MASTERCLASS****DREAM IT. DO IT.
CREATE AND PITCH YOUR DREAM ON
WHEELS. BUSINESS PLANNING TIPS FOR A
SUCCESSFUL MOBILE BUSINESS.****JESS DAVIDSON****FOUNDER THE ROUND & ROUND GROUP**

Jess is the visionary behind The Round & Round Group, a venture she initiated in 2016. Commencing with a charming coffee caravan, which she and her partner, Andy, traversed across the country, travelling an 45,000 kilometers over two years while residing in their eye-catching yellow camper van. The journey led them to Port Macquarie in 2019, and they've now established their cafe: "Home at Roto House." Beyond her entrepreneurial and hospitality endeavors, Jess is also a dedicated mother to a 14-month-old, adeptly balancing her roles as an MC, events coordinator, trivia host, and performer, all while remaining an integral and vivacious member of the community.

**MASTERCLASS****SLOW FLOW + SOUND BATH SESSION**

Leave your MIND, BODY AND SOUL feeling incredible. Perfect for beginners exploring the benefits of yoga, slow flow yoga connects movement with breath, emphasising mindful engagement, awareness and ease throughout each pose. Shift your focus to being mindful and take the focus away from constant energy-consuming activities. From our physical practice we will move into the Sound Bath. Simply lie down, get into a comfortable position, and surrender to the sound. Sound frequencies stimulate your endocrine and lymphatic system, giving your body a gentle detox. Importantly, drink plenty of water in the 48hrs following the session.

DARLENE SONTERR**FOUNDER HOZHO YOGA STUDIO**

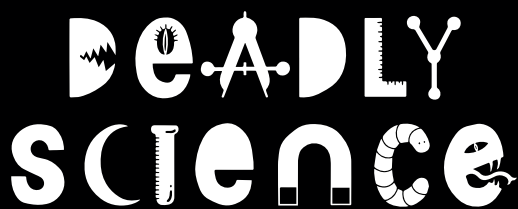
Darlene was born in Canada and met her "Aussie" husband while travelling in 2003. They moved to Port Macquarie in 2004 as local gym owners. Her love for yoga evolved after hiring an incredible Yoga teacher. She started dreaming about becoming a Yoga teacher as she was always practicing and busy with 2 beautiful children. In 2015, the opportunity to become a teacher called her! From there, courses in Vinyasa Flow, Kids Yoga, Laughter Yoga, Yin Yoga and Sound Bowls followed. She opened her studio, Hozho, in 2023. The most important word in the Navajo language, and translated as peace, balance, beauty and harmony, to be "in Hozho" is to be at one with the world around you. By practicing yoga, "Hozho" is achievable in this world.

**MASTERCLASS****KICKIN' IT:
SOCCER, FITNESS + REFEREE SKILLS**

Football, the largest and proudest sport in the whole world provides many jobs such as players, coaches, managers, spectators and more. One of the most important jobs is the referee where much responsibility within the game is held. Referees must keep fit while understanding how football works. Do you have what it takes to make big decisions such as offside calls and penalty calls? Come along and see how you go. Join myself as we play some games and make some calls, come along and make some friends and fall in love with the world's number one sport.

SAM STEWART**NATIONAL PREMIER LEAGUE SOCCER REFEREE**

Sam has been a soccer referee for 8 years, starting out in Wauchope where he progressed to city and national events. Currently referee in the National Premier League and coaching referees, it has been the love of his life but it hasn't always been easy. Sam has experienced abuse and assault and almost gave up. But with the support of family and friends, he pushed through. Anything is possible, so let him share with you how he persevered.



MASTERCLASS

THE FIRST SCIENTISTS: BUSH CHEMISTRY, ENGINEERING + SUSTAINABILITY

Kamilaroi man, Associate Professor Corey Tutt OAM, is presenting a workshop on collaborating with Traditional Owner groups to develop resources that engage students. He emphasizes the significance of fostering self-determination in STEM within First Nations communities across Australia. During the masterclass, he will guide delegates through workshops similar to those conducted by his charity DeadlyScience in schools nationwide. In the workshop will showcase the importance of First Nations knowledge in the classroom.

- **Proud Kamilaroi man Adjunct Associate Professor Tutt OAM**
- **2019 Indigenous STEM Champion of Australia**
- **2020 ABC Trailblazer Winner**
- 2020 Young Australian of the year for New South Wales,
- 2020 Human Rights Hero Australian Human rights commission
- 2020 AMP Tomorrow maker
- 2021 Citizen of the year Wollongong to the world
- 2021 Eureka Prize winner STEM inclusion
- 2022 Indigenous Young Achiever of the year for NSW/ACT
- 2022 ABIA Children's book of the Year (The First Scientists)
- 2022 Finalist CABA Author of the year & Eva Powell award
- 2023 Westpac Scholar for Social change

COREY TUTT OAM

CEO DEADLY SCIENCE

When Corey Tutt OAM learned that there was a remote school with only 15 books in the whole library (5 of which were dictionaries), he set out to make a change. DeadlyScience has provided over 25,000 culturally appropriate books focused on STEM (Science, Technology, Engineering and Mathematics) as well as telescopes, microscopes and other equipment to spark student interest. Schools involved with DeadlyScience have reported a 25% increase in engagement in STEM and increased attendance. Now DeadlyScience has connected with over 800 schools and sent over 7500 boxes of STEM resources. DeadlyScience has connected STEM professionals with schools and has created STEM pathways programs for students. DeadlyScience was the first Indigenous org to feature on the side of the McLaren Formula one car and has drawn the attention of Formula one superstar Lewis Hamilton. As a board member of Seed mob Corey has been leading the fight for climate justice for Indigenous peoples across the Nation. Corey was instrumental in developing Science Technology Australia's first RAP to encourage further participation and inclusion of First Nations peoples in STEM. Corey's passion for Indigenous education has also been recognised through various awards, including the CSIRO Indigenous STEM Champion 2019, AMP Tomorrow Maker 2019 and ABC Trailblazer 2019, 2021 Eureka Prize winner for STEM inclusion. Outside of his work in STEM, Corey has become a highly successful author publishing the bestselling and multi-award-winning book 'The First Scientists' and his latest book, 'This Book Thinks Ya Deadly', which celebrates over 70 Aboriginal and Torres Strait Islander peoples. Corey was recently appointed an Associate Professor of Indigenous Sciences at the University of Western Sydney.

**MASTERCLASS****CHANGE THE STORY:
HOW TO GET PEOPLE TO CARE ABOUT
YOUR CAUSE**

In this workshop, participants will learn about the prevalence and drivers of violence, abuse and control in Australia. Participants will also learn about values-based messaging and use this information to design a community awareness campaign aimed at young people, empowering them to change the story of domestic and family violence in Australia. Liberty will review the designs and may feature the most powerful materials in a mini social media campaign.

BROOKE MAGGS**PEOPLE & CULTURE MANAGER | DFV PREVENTION MANAGER**

As Liberty's DFV Prevention Manager, Brooke oversees the Everybody's Business domestic and family violence workplace program, which delivers professional services and training to businesses, government agencies, and community organisations. She also co-facilitates Liberty's Respectful Relationships education program in local primary and high schools. Brooke has more than 18 years' experience in leadership, coaching and training, and organisational and workforce development in both corporate and not-for-profit sectors. She holds a Bachelor of Training and Development. In her capacity as People & Culture Manager, Brooke leads the ongoing learning and development of Liberty's staff. Brooke is the Chair of the Port Macquarie Hastings Domestic Violence Committee and a member of DVNSW's Sector Development Member Advisory Committee and the NSW Collaboration for Prevention of Gender-based Violence.

**KELLY WYATT****SENIOR DFV PRACTITIONER**

As Liberty's Senior DFV Practitioner, Kelly provides expert practice support to Liberty's team of domestic and family violence professionals to enable best-practice, evidence-based responses to women and children experiencing domestic and family violence. Previously, Kelly was Liberty's Client Support Team Leader. She has worked across a number of roles with Liberty over the past few years, delivering specialist domestic violence support in Community Partnerships and at Galbaanbaa Crisis Accommodation. After completing her Bachelor of Social Work, Kelly has spent the last decade supporting children and youth through her various roles in childcare and education institutions. Kelly's social nature and sense of humour enable her to make meaningful connections with young people and as a result, Kelly was charged with delivering the youth wellbeing program at Nautilus College before taking on a Youth Employment role with Chess Connect.

**DAVE STEADMAN****FACILITATOR SAFER MEN, SAFER FAMILIES AND LIBERTY'S KIDS MATTER
PROGRAMS**

Dave is a proud Aboriginal man of the Ngemba nation. Dave leads Liberty's Safer Men, Safer Families program working with men who have used violent and controlling behaviours to be safer partners and fathers. Dave also facilitates Liberty's Kids Matter program supporting young people who have experienced domestic and family violence and represents Liberty in the Bearlay and NAIDOC committees.

**MASTERCLASS****FROM CHEF2FARMER:
REGENERATING LAND + COMMUNITY!**

Join us for an inspiring masterclass with Todd where he will share his unique career journey as a chef and regenerative farmer. Todd's expertise is enriched by completing courses in holistic management and biodynamic farming, providing a comprehensive understanding of sustainable and regenerative agricultural practices.

If you are passionate about the environment, food security, and supporting your local community, this is the class for you. Learn how to follow your passions and make career changes, and discover how to crossover your skillsets into new ideas and businesses. Todd will discuss the importance of soil health, pasture management, and the benefits of locally and pasture-raised food for both your health and the environment.

This relaxed discussion will provide plenty of opportunities to ask questions and gain inspiration to make a positive change in the food systems

TODD RICHARDSON**CHEF & REGENERATIVE FARMER, FOUNDER OF CHEF2FARMER**

Meet Todd Richardson, a local chef turned full-time farmer. Formerly of the beloved café Lv's on Clarence, renowned for its paddock-to-plate ethos, Todd's passion for locally sourced produce led him to establish his own farm, Chef2farmer. Embracing regenerative agriculture, Todd focuses on enhancing land and soil while raising livestock, resulting in chemical-free, pasture-raised produce. This sustainable approach not only benefits the farm's economics but also fosters a community committed to environmental consciousness and individual well-being.

**MASTERCLASS****BORN A DANCER - EVERYONE'S STORY
(HIP HOP WORKSHOP)**

Are you a dancer? Trick question, the answer is yes. Every time. Put a baby in front of music and they'll dance. Never having learned what it looks like, they'll move to the music. Dance is innate, it's one of the most natural forms of human expression - we dance before we crawl, we dance before we talk. But somewhere along the way we develop an internal monologue that connects this expression with shame - "I can't dance". What we're really saying is "I don't think my creative expression is good enough". This workshop challenges that very notion and addresses a core wound that so many carry "am I worthy?". Again, this is a trick question. The answer is yes. Every time. In this workshop Sid the Entertainer will introduce you to the culture of hip hop and the freestyle mentality. If you can dance when you thought you couldn't, what other lies are holding you back?

SID THE ENTERTAINER**MC, DJ, DANCER, CHOREOGRAPHER & ACTOR**

Sid the Entertainer is a world class vibe creator. As one of Australia's leading multi-disciplinary entertainment specialists - MC, DJ, dancer, choreographer and actor - he's appeared on stage and screen globally. Some of his escapades include dancing alongside Guy Sebastian to open for Taylor Swift, movement consulting on Hollywood blockbuster Thor: Ragnarok, playing to crowds of 90,000+ as the resident DJ for Gold Coast's largest NYE party and being invited to Buckingham Palace in London to add some hype to the Commonwealth Games Queen's Baton Relay! With a unique, infectious joyous energy, Sid the Entertainer is more fun than a room full of bubble wrap.