



Himal Pillay

Founder of Realign

Keep Going: Tools and Attitudes for Perseverance

Big dreams are exciting. Pursuing them is often the hard part. In this interactive masterclass, Himal Pillay shares the practical tools, evidence-based strategies, and personal lessons that have helped thousands of young people build resilience and keep going when life gets tough. Through reflection, discussion, and hands-on activities, participants will explore how to better manage stress, overcome self-doubt, stay motivated, and take meaningful action even when they do not feel ready. Drawing on psychological science and lived experience, Himal introduces practical strategies to help young people navigate challenges, build supportive relationships, and develop the courage to persevere through adversity. This session is all about equipping young people with the tools and attitudes to keep going, even when the path ahead feels uncertain.



Teresa Truda

Human - Geek - Entrepreneur
Digital & AI Growth Specialist

Unbox Yourself: A toolkit for navigating life's noise, pressure and expectations

We live in a world full of noise - telling us what to look like, how to behave, what to do, who to be. And sometimes that noise gets so loud it starts to limit us. We lose sight of ourselves in it. This workshop is about how to find your way back to you when things feel a little too much, a little too loud, or a little too limiting. You don't need to have it all figured out - that's kind of the point. Teresa Truda draws on her own story of identity, adversity, and reinvention to introduce the 4Ps: Play, People, Purpose, and Present. These aren't just concepts - they're tools. Practical ones you can use to regulate when life feels like too much, to set goals that actually mean something to you, and to build both an inner world and an outer life you're proud of. Less noise. More you. You'll walk away with the 4Ps - a practical toolkit to call on whenever life feels limiting, and the confidence to never be held back by it again.



Kal Glanznig

Filmmaker | Founder Blue Minds Youth Ocean Leadership

Blue Minds: How to Unlock Your Greatest Impact for the Environment

Young Australians are increasingly concerned about the future of our planet, but concern alone doesn't create change. Join one of Australia's leading youth ocean and climate champions, Kal Glanznig, for an inspiring and practical masterclass on how to turn environmental concern into real-world impact. Drawing on his work with Blue Minds, filmmaking, politics and youth leadership, Kal will share how young people can find their voice, build confidence and take meaningful action in their schools, communities and beyond. Participants will leave with practical tools, inspiration and a clearer sense of their own role in protecting the environment.

Kal Glanznig is an award-winning youth ocean and climate advocate, speaker and filmmaker dedicated to empowering young environmental leaders. The youngest independent Councillor elected to the Sutherland Shire in 2024, Kal has inspired more than 20,000 people through keynote talks, school programs and screenings of his documentary *Rising Up*. A TEDx and United Nations Climate Change speaker, he is also an ambassador for several environmental organisations and has represented Australia in water polo at the Youth World Championships.



Marty Braley

Associate Director Engagement, Partnerships & Growth: North Coast Community Student Support & Community Group: TAFE NSW

Limitless by Design: Unlock Purpose, Potential & Possibility

What could you achieve if you stopped letting fear, doubt or other people's expectations define what is possible? In this interactive masterclass, you will uncover your strengths, explore what genuinely motivates you and discover how to align your future with your purpose. Through practical activities, you will identify your passions, challenge the limiting beliefs holding you back and learn powerful mindset strategies to build confidence and take action. Whether you want to launch a business, create positive change or simply gain greater clarity about your future, you will develop a personalised mini business plan or action strategy that you can begin using immediately. The session will give you practical tools, fresh perspectives and a clearer path forward. You will also have the opportunity to continue the conversation with our faculty and career counsellor after the Summit. Your potential is not fixed. Your possibilities are not limited. Your future is yours to design.



Lachy Townsend

Chief Customer Officer Coastline Bank

All about the dollar\$!

A fun and interactive workshop on all things money! We'll play out some real life budgeting and saving scenarios, talk about current scams, understand what to look out for when 'buying now and paying later' and unpack some of the elements of the TikTok famous 'girl math'. Come and hangout with Coastline Bank and understand why it's important to bank where you belong.

**Attendees to this masterclass will receive:
a VIP Coastline Merch Kit – spots are limited.**

LUMO Masterclasses

2026



Lloyd Godson

Co-Founder of The Nature School

Being a teacher was not in Lloyd Godson's original life plan, but he couldn't be happier about his midlife career change. Once a professional adventurer who lived underwater for a month and set a Guinness World Record for underwater pedal-powered electricity, Lloyd now channels that boundary-pushing energy into education. As Co-Founder of The Nature School in Port Macquarie and an Australian Schools Plus Teaching Fellow, Lloyd uses "living lessons" to prove that learning is truly limitless, recently taking students on expeditions to Japan and Lord Howe Island. Today, he is proud to co-lead the Electrifying Futures project, empowering the next generation to design, build and race small electric vehicles alongside industry mentors.

Lloyd and Luke's Ludicrous Lab

Get ready to step into a high-energy space where science meets sound, featuring a fusion of electronics and physical activity. Hosted by the dynamic duo behind the Electrifying Futures project, this hands-on masterclass is a mashup of Lloyd and Luke's wildest interests. Part interactive experiment, part creative jam session and entirely unpredictable, the Ludicrous Lab invites you to break the rules of traditional learning. Expect to move, tinker and think outside the box as you explore what happens when technology and human energy combine. Come curious, leave inspired and expect a few surprises along the way!



Luke Aguilar

Tech enthusiast | Developer | Roboticist | DJ

Luke Aguilar is living proof of what it means to live and learn with a limitless mindset. A tech enthusiast, full-stack developer, roboticist and DJ, Luke's journey has come full circle, moving from Lloyd's former student to his co-creator and peer. Today, they work side-by-side on the Electrifying Futures project, where Luke uses his diverse skills to mentor youth as they design, build and race small electric vehicles. Driven by a passion for challenging the status quo and designing mechatronic solutions to real-world problems, Luke embodies the spirit of the next generation, inspiring young people to think creatively and invent their own futures.

Charles Sturt University: Paramedicine Crew

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.



Dane Rickwood

**Scholarly Teaching Fellow in Paramedicine Port Macquarie
BDes(Architecture) BClinicalPrac(Paramedic)**

Dane Rickwood is a Lecturer in Paramedicine at Charles Sturt University and an AHPRA-registered Paramedic based in Port Macquarie. With experience in frontline prehospital care, emergency operations, and dispatch across Australia and the United Kingdom, Dane began his clinical career with the London Ambulance Service before returning to Australia to practise as an Ambulance Paramedic. Now focused on education, Dane is passionate about student mentorship, professional development, and innovative teaching. He holds a Bachelor of Design (Architecture) from the University of Newcastle and is completing a Master of Clinical Education. Outside of work, he enjoys camping, surfing, fishing, and spending time with his family on Birpai Country.



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 of 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.



Hannah Stack

Lecturer in Paramedicine at Charles Sturt University

Hannah Stack is a Lecturer in Paramedicine at Charles Sturt University in Port Macquarie. Hannah has a diverse range of industry experience, having previously worked as a paramedic in a metropolitan area in the United Kingdom and currently working as a paramedic with New South Wales Ambulance on the Mid North Coast. She holds a Master of Paramedicine with a specialisation in critical care and is currently pursuing a PhD.

LUMO Masterclasses

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Jeffrey Morgan

General Practitioner | Healthy North Coast | Mid North Coast Local Health District

Own Your Direction: GPS to Life Physical & Mental Wellness

Ready to level up your mindset, energy and focus? This is where things get real. In this high-energy, hands-on session, Jeffrey Morgan takes you beyond the keynote and into the tools that actually work—helping you build strength in both your body and your mind. Using his GPS to Life framework, you'll learn simple, practical ways to reset when you're stressed, lock in your focus and take control of your thoughts and habits. This isn't just talk—you'll move, breathe and experience techniques you can use straight away at school, in sport and in everyday life. From 9D breathwork and movement to mindset and self-awareness, you'll discover how to stay calm under pressure, bounce back faster and create real direction when life feels chaotic. Come ready to get involved, try something new and walk away feeling stronger, clearer and in control—because your direction starts with you.



Stef Hostetler

Founder & Head Chef, Char Bar Catering

Real food, made simple

Stefan Hostetler is the Founder and Head Chef of Char Bar Catering, a local catering company known for its smoked meats, hearty flavours, and down-to-earth hospitality. With over 25 years in professional kitchens, Stefan knows that great food doesn't have to be complicated. In this Luminosity Masterclass, Stefan will show you how to whip up delicious, crowd-pleasing meals on a budget using simple, everyday ingredients and kitchen basics. No fancy gadgets, no fluff – just real food, real flavour, and practical ideas you'll actually use. Stefan began cooking professionally at 14, inspired by his Swiss roots and a childhood spent in a home where everything was made from scratch. That upbringing shaped his simple philosophy: cook with heart, waste less, feed more. Whether you're cooking for mates, family, or just yourself, Stefan's got you covered – with easy recipes, a few laughs, and plenty of real-world kitchen wisdom.



Sid the Entertainer

VIBE Creator | Mindset Performance Strategist

Move like your life depends on it

A somatic experience to elevate your perception of self. Other people teach dance classes ... this is not one. This is an invitation to two-step beyond your comfort zone. Keep in mind: how you do anything is how you do everything. In this Masterclass you'll dive deeper into Sid the Entertainer's fundamental secrets that helped him become the most limitless version of himself. If you can discover that version of yourself in this room, you can find them anywhere. Do you overthink and overanalyse a situation? Do you experience overwhelm? Does your search for perfection slow down your progress? This session will help you to drop out of your head and into your body to communicate with your subconscious intuitive self. The answers to all the questions you could ever have lie within, you just need to train yourself to listen. Learn how to shatter the mold of limiting beliefs you've created for yourself and adopt new frameworks through which you can achieve success beyond your wildest imagination. As the music takes over, we're going to break it down in more ways than one...

Charles Sturt University: Pathways to University for First Nations students



Charles Sturt
University
—
First Nations

First Nations Connect

This yarning circle provides a culturally safe space for First Nations students to explore their aspirations, strengths, interests and future opportunities. Guided by the First Nations Student Connect team, students are encouraged to share their ideas, ask questions and learn about pathways to university in a supportive and respectful environment. Also providing an opportunity to discuss the diverse range of study areas, courses and professions available through Charles Sturt University, while also increasing awareness of the different pathways into university, including the Connections First Nations Direct Entry Program and other alternative entry options. Students will gain a stronger understanding of the career and study opportunities available to them and increase their awareness of the different pathways into university, including alternative entry options.

Through discussion and reflection, they will build confidence in their ability to pursue further education, develop a greater understanding of the support available throughout their educational journey, and recognise that university is an achievable and supported pathway. Importantly, students will explore how higher education can complement and strengthen their connection to culture, community and identity while supporting them to achieve their future aspirations. Every student has unique strengths, aspirations and potential. There are many pathways to success, and university is one of them. With the right support, information and connections, First Nations students can make informed choices about their future while remaining strongly connected to culture, community and identity.



Bronwyn Cocking

**Program Manager, Pathways Framework
(First Nations) at Charles Sturt University**

As a proud Gomeri woman, she possesses a strong commitment to creating meaningful opportunities and pathways for First Nations peoples. Based at Port Macquarie campus, Bronwyn brings extensive experience in program leadership, stakeholder engagement, and driving initiatives that support equity, inclusion, and community outcomes. Passionate about collaboration and cultural respect, she works closely with partners and communities to develop sustainable frameworks that empower individuals and strengthen connections across sectors.

LUMO Masterclasses

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Brad Collins Artist

Artist/Illustrator

Brad Collins is a multi-disciplinary artist and illustrator based in Lake Cathie. Brad brings together surreal, brightly coloured characters and contemplative oil portraits. His works often fuse humour with deeper meaning, exploring existential themes. Whether it's murals, band merch or gallery exhibitions, Brad's creative world is full of vibrant energy and clever detail.

Collaborate Your Way to Creative Freedom

If you've ever seen a blank page and not known what to draw or write, this one is for you. This workshop is designed to crack open your creative mind and inspire you to create without the stress of perfectionism and self doubt. Brad has worked on multiple collaborative exhibitions, including one in the Glasshouse Regional Gallery. In this masterclass he will explain the rich benefits of collaborative work and how it can inspire whole new directions not only in your work but also in your way of thinking. We'll be creating fun and loose artworks that will surprise even ourselves. If you're anxious to pick up a pencil, this workshop also works as a creative writing exercise. Your writing could inspire a posca-pen-wielding peer to create something they could not have imagined, resulting in a whole new world of possibilities. Be ready to get weird.



Tommy Herschell

CEO & Co-Founder
of Find Ya Feet

Find Ya Feet Workshop

This isn't your typical workshop, it's a chance to Find Ya Feet. Find Ya Feet workshops create a safe, honest space where participants can share their stories, build emotional skills, and take ownership of their own experiences. Through powerful storytelling and meaningful conversations, participants are equipped with the skills to own their stuff, challenge the "just get on with it" mindset, and discover practical tools they can carry with them long after the workshop pulls up. You will leave feeling more connected, more confident, and better equipped to back yourself and your mates, because finding your feet starts with one conversation, and that conversation could save a life.



Benny Cudmore

Co-Founder Self Seen
& Founder Unstoppable
Community

Powerful Breathwork Session

Join Benny for a guided breathwork experience designed to help you slow down, reset, and take control of your mind and body. You'll learn simple breathing techniques that can help calm your nervous system, reduce stress and anxiety, improve focus, and leave you feeling more grounded and in control. Whether you're feeling overwhelmed, under pressure, or simply want practical tools to look after your mental wellbeing, this session will give you techniques you can use anytime, anywhere. Sometimes the most powerful thing you can do is stop, take a breath, and reconnect with yourself.