

SUMMIT WORKSHOP PROGRAM

19-20 September 2021 Online

GENERAL INFORMATION



On-line Opening Hours

Sunday 19 September:

8:45am - 5pm

Monday 20 September:

8:45am - 4:30pm



How to use the online system

An email will be sent to you prior to the Summit which will detail how to login and navigate your way throughout the two days. You can refer to this email during your experience at the Summit. The email will also contain a visual demonstration and walk through.



Contact

There will be various points of contact available to you throughout the Summit. All of these will be detailed in the email sent to you prior to the Summit. These will cover contact for technical issues and how to access StandBy Support Volunteers and Roses in the Ocean Peer CARE Companions.



Wellness

Mindfulness sessions will be run throughout the day during breaks between workshops. These short mindfulness sessions will be led by the wonderful Dan Ireland from Awareful. A longer session will be held at the end of Day 1. Please see the program timetable for when these will take place.



Therapy Dogs

This year we are fortunate to have with us Delta Therapy Dogs. The dogs will be available both through live and pre-recorded sessions during the morning and afternoon breaks as well as at lunchtime. Of course your own pets are welcome to join us online too!



Summit Bags

Although we can't meet up in person this year, we hope that you will enjoy the items that we have packaged for you in the Summit bags this year.



A WARM WELCOME

'A connection is the energy that exists between people when they feel seen, heard and valued; where they can give and receive without judgement; and when they derive sustenance and strength from the relationship' (unknown author)



It is in the spirit of this quote that I welcome you with open arms to the Lived Experience Summit 2021.

We have long awaited the opportunity to come together again, and whilst this year continues to provide us with challenges, and many of you are unable to join us in person, it serves us well to remember that we are already connected.

Our lived experience is a mutually shared and respected golden thread that weaves between us, drives us all to be the change we need, and to compassionately take others by the hand as they explore and understand opportunities through our lens.

For those of you joining us to truly engage with the expertise of people with a lived experience of suicide, thank you for your genuine desire to collaborate and integrate lived experience of suicide into your work.

I encourage you all to embrace the LE Summit 2021 program of workshops, hope that you find inspiration from those around you, and look forward to the richness that I know each and every one of you will bring to the event.

Bronwen Edwards

B Elward

Founder and CEO. Roses in the Ocean

		Stream 1	Stream 2	Stream 3	
BREAK	OPENING 9:00am - 10:30am	Summit Opening (Virtual Main Stage)			
	(1.5 hrs)	Join us for the opening of our 2021 Lived Experience of Suicide Summit where we will welcome guests including: Hon Greg Hunt MP, Hon David Coleman MP, Christine Morgan and our valued sponsors. Participate in our live panel event and hear from our CEO, Bronwen Edwards.			
	10:30am- 10:50am	Morning Break			
	10:55am- 11:00am	Therapy Dogs (Virtual Main Stage)			
	SESSION 2 11:00am - 12:30pm (1.5 hrs)	Defining LGBTIQA+ Inclusion: Pride in Lived Experience	Establishing a Men's Lived Experience Network	Creating a Disruptive Model for Suicide Care	
		Switchboard Anna Bernasochi Joe Ball	Australian Men's Health Forum Jonathan Bedloe Qantas Founders' Museum Tony Martin Roses in the Ocean Facilitators	Black Dog Institute Philippa Butt Kath McLachlan	
BREAK	12:30pm- 12:32pm	Mindfulness (Virtual Main Stage)			
	12:45pm- 1:15pm	Therapy Dogs Live Session (Virtual Main Stage)			
	SESSION 3 1:30pm- 2:30pm (1 hr)	Our Collaborative Journey to Creating a Safe Space (part one)	Co-designing Suicide Prevention Peer Worker Training for Carers (part one)	Defining Outcomes & Measuring Impact in Suicide Prevention (part one)	
		Illawarra Shoalhaven Suicide Prevention Collaborative Jo Riley Carrie Lumby Stephen Scott Alex Hains	Roses in the Ocean Bronwen Edwards	Beacon Strategies Mitch Stalker Elliot Parkinson	
	2:55pm- 3:00pm	Therapy Dogs (Virtual Main Stage)			
	SESSION 4 3:00pm- 4:00pm (1 hr)	Our Collaborative Journey to Creating a Safe Space (part two)	Co-designing Suicide Prevention Peer Worker Training for Carers (part two)	Defining Outcomes & Measuring Impact in Suicide Prevention (part two)	
		Illawarra Shoalhaven SP Collaborative Jo Riley Carrie Lumby Stephen Scott Alex Hains	Roses in the Ocean Bronwen Edwards	Beacon Strategies Mitch Stalker Elliot Parkinson	
	4pm-5pm (1 hr)	Mindfulness/Th Clayton's N			

		Stream 1	Stream 2	Stream 3	
BREAK	8:55am- 9:00am	Welcome to Day 2 with Bronwen Edwards (Virtual Main Stage)			
	SESSION 1 9:00am - 10:30am (1.5 hrs)	Supporting a Loved One, Family Member or Friend Experiencing Suicidal Distress (part one)	Engaging Lived Experience in StandBy Support After Suicide (part one)	STARS Protocol: Enhancing Co-authorship of Commensurate Care (part one)	
		Everymind Dr Sally Fitzpatrick Dr Jaelea Skehan Andrew McMahon	StandBy SAS Stephen Scott Jo Langford Susan Vaughan Trent Harvison	AISRAP Jacinta Hawgood Carmen Betterridge	
	10:30am- 10:32am	Mindfulness (Virtual Main Stage)			
	10:55am- 11:00am	Therapy Dogs (Virtual Main Stage)			
	SESSION 2 11:00am- 12:30pm (1.5 hrs)	Supporting a Loved One, Family Member or Friend Experiencing Suicidal Distress (part two)	Engaging Lived Experience in StandBy Support After Suicide (part two)	STARS Protocol: Enhancing Co-authorship of Commensurate Care (part two)	
		Everymind Dr Sally Fitzpatrick Dr Jaelea Skehan Andrew McMahon	StandBy SAS Stephen Scott Jo Langford Susan Vaughan Trent Harvison	AISRAP Jacinta Hawgood Carmen Betterridge	
ΑK	12:30pm- 12:32pm	Mindfulness (Virtual Main Stage)			
BREAK	12:45pm- 1:15pm	Therapy Dogs Live Session (Virtual Main Stage)			
	SESSION 3 1:30pm- 3:00pm (1.5 hrs)	Speaking Up & Speaking Out: Making Services More Inclusive through the Voices of LGBTIQA+ Lived Experience	Peer CARE Connect: Mobilising a Volunteer Lived Experience Workforce	Pop-Up Safe Spaces: Co- designing Resources for Community	
		Switchboard Anna Bernasochi Beyond Blue Tamara Bezu	Roses in the Ocean Kathy Poulton Sam Phipps	Roses in the Ocean Bronwen Edwards Carrie Lumby	
BREAK	3:25pm- 3:30pm	Therapy Dogs (Virtual Main Stage)			
	CLOSING 3:30pm- 4:30pm	Summit Closing (Virtual Main Stage)			
	(1 hr)	Join us for the closing of our 2021 Lived Experience of Suicide Summit where we will celebrate our coming together over the past two days and look to the future of Lived Experience in Australia.			

LE SUMMIT DAY 1 Summit Opening: 9:00am - 10:30am

Opening Plenary

Welcome to the LE Summit 2021

Various Speakers

1.5 hrs Virtual Main Stage Roses in the Ocean stemming the tide of suicide

Welcome to Roses in the Ocean

Clinton Brewer, Welcome to Country

Bronwen Edwards, CEO, Roses in the Ocean Welcome and Introduction to Hon David Coleman MP

Hon David Coleman MP, Assistant Minister to the Prime Minister for Mental Health and Suicide Prevention

Bronwen Edwards, CEO, Roses in the Ocean

Panel Discussion:

Christine Morgan, Suicide Prevention Adviser to the Prime Minister and CEO of the National Mental Health Commission

Stephen Scott, National Partnerships Manager, Standby Support after Suicide Joe Ball, CEO Switchboard

Panel Questions

Bronwen Edwards, CEO, Roses in the Ocean - Housekeeping

LE SUMMIT DAY 1 Session 2: 11:00am - 12:30pm

Defining LGBTIQA+ Inclusion: Pride in Lived Experience



Switchboard

Anna Bernasochi & Joe Ball

1.5 hrs Stream 1

In this workshop, Switchboard will engage with LGBTIQA+ summit attendees so they can begin to form a new network of LGBTIQA+ people with lived experiences of suicide. This will be a collaborative workshop, with the primary outcome of articulating what it means to be LGBTIQA+ and have lived experience of suicide.

Expected workshop outcomes:

- New connections among LGBTIQA+ people with lived experiences of suicide.
- Strengthening the presence of LGBTIQA+ people in lived experience networks to make these networks more accessible for LGBTIQA+ people.
- Begin creating a LGBTIQA+ framework for lived experience of suicide inclusion.
- Increasing cultural safety for LGBTIQA+ people attending the Summit.

Establishing a Men's Lived Experience Network





Australian Men's Health Forum & Roses in the Ocean Jonathan Bedloe & Tony Martin with Layne Stretton, James Gallacher, Sam Fewings, Tynan Narywonczyk & Adriel Burley

1.5 hrs Stream 2

With 75% of suicides in Australia being attributed to men, they have recently been recognised as key priority group in suicide prevention. We need to hear far more of the wisdom and expertise of our fathers, brothers, sons, uncles and mates. The National Men's Health Forum and Roses in the Ocean are joining together to establish a National Men's Lived Experience of Suicide Network.

This workshop seeks to:

- determine the role of the Men's Lived Experience of Suicide Network
- explore how men can be more engaged in suicide prevention
- identify the barriers to men accessing support
- discuss types of support men actually want
- discuss key advocacy and policy issues

Creating a Disruptive Model for Suicide Care





Black Dog Institute

Philippa Butt & Kath McLachlan

1.5 hrs Stream 3

We know that 50- 60 per cent of people who die by suicide were not receiving help from a mental health professional for their suicidal thoughts prior to their death. As such, they are 'under the radar'. This means that Australia's existing clinical services, programs and interventions are not accessible to, or meeting, all people's needs. We believe this needs to change. We need a disruptive new model of care.

Under the Radar is an innovative research project looking to better understand and co-design a new model of care for people who have had thoughts or attempts to end their life and are not connected to clinical services.

This workshop will provide the opportunity for the participants to contribute their ideas to a new model of suicide care that looks and feels very different to existing clinical services, with "a disruptive model of care". This workshop will not be asking people to share their personal experiences but to engage in a creative process to bring about 'blue sky thinking' in regard to suicide prevention.

Expected workshop outcomes:

- A shared view of the current assumptions and norms of clinical suicide prevention services.
- Ideas of how we could "flip" these assumptions.
- Opportunity statements for alternative models of care.

Our Collaborative Journey to Creating a Safe Space: Practical Tips & Reflections on Collaboration & Lived Experience Advocacy



Suicide Prevention

Illawarra Shoalhaven Suicide Prevention Collaborative Jo Riley, Carrie Lumby, Stephen Scott & Alex Hains

2 hrs (over 2 sessions) Stream 1

One of the guiding principles of the Illawarra Shoalhaven Suicide Prevention Collaborative (the Collaborative) has been the meaningful integration of people with lived experience at all levels. While Summit participants will likely be convinced of the 'why' of this - that people with lived experience bring a uniquely valuable form of expertise to suicide prevention - this session will provide an inside look at the 'how' of including people of lived experience and what can be achieved when this is done well.

We will do this through the lens of the development of our region's Safe Space – a textbook case study of what can be achieved when people with lived experience at a grassroots level are given the opportunity to 'blue sky dream' and the resources and support to realise this dream. The idea for a local Safe Space was born out of the experience of our LE members' participation in the first Roses in the Ocean LE Summit in 2018 which led to the formation of our Safe Space Working Group. This group developed a regional Safe Space proposal which formed the basis of the model that was formally co-designed as part of the NSW Ministry of Health's Alternative to ED initiative in 2020. The Illawarra Shoalhaven's Safe Haven opened its doors in May 2021.

We will share practical tips and considerations for building and assessing readiness at the personal, organisational, and systems level, and utilising lived experience effectively to build momentum and influence change. Speakers will provide reflections on their personal growth and development, highlighting key lessons they have learned through the Collaborative and Safe Spaces journey.

The session will include a series of speakers and a 30-minute Q&A session to give the audience an opportunity to tap directly into the speakers' knowledge and experience. Participants will take away/download a resource to help them reflect on and build their own collaborative and advocacy work.

Expected workshop outcomes:

- Practical tips and tools for lived experience advocacy.
- Practical tips for building the conditions for collaboration between traditional experts and experts by experience.
- Increased knowledge of the opportunities and challenges of meaningfully including people with lived experience in the design and development of new suicide prevention services.

Co-designing Suicide Prevention Peer Worker Training for Carers



Roses in the Ocean Bronwen Edwards

2 hrs (over 2 sessions) Stream 2

This workshop is an opportunity for people with a lived experience of caring for a person who is in suicidal crisis to contribute to a co-design process. We are co-designing professional development training for carer peer workers who support people who care for someone in suicidal crisis. This training will be called the SP Peer Worker Program (Carer Support) and will be part of a series of training developed by Roses in the Ocean, which includes SP Peer Worker Program (Crisis Support) and SP Peer Worker Program (Bereavement Support).

The workshop will explore lived experience perspectives on the needs of carers during this difficult time and the best way to meet these needs. Participants will be invited to share examples of challenges they have faced when caring for a person in suicidal crisis so that the training can prepare carer peer workers to respond. We will also identify important qualities that carers seek in a peer worker and carer priorities for the training.

Expected workshop outcomes:

- Carers have the opportunity to share their experiences in a supportive environment with other carers and be heard.
- · Satisfaction of using lived experience to make a difference for other carers.
- Carer perspectives will influence and inform support services for carers.
- The workshop will help with the development of the first specialised training for carer peer workers who work in suicide prevention.

Defining Outcomes & Measuring Impact in Suicide Prevention



Beacon Strategies & Roses in the Ocean

Mitch Stalker & Elliot Parkinson

2 hrs (over 2 sessions) Stream 3

Measuring outcomes instead of outputs is paramount to ensuring continuous quality improvement, but what is even more important is that the outcomes that are measured are those identified by the people who use and receive a service.

In this workshop we will collectively explore and define what outcomes you want to see in suicide prevention over the next 3 years, what impact you expect those outcomes to make, and what role would you like to see Roses in the Ocean play to support these.

This workshop is part of the much larger Roses in the Ocean Impact Framework project.

Supporting a Loved One, Family Member or Friend Experiencing Suicidal Distress



Everymind
Dr Sally Fitzpatrick, Dr Jaelea Skehan
& Andrew McMahon

3 hrs (over 2 sessions) Stream 1

Every year, a significant number of people will experience suicidal distress and/or attempt suicide, many of whom are supported by family members and friends. This experience of receiving and providing support can have impacts on each person and can change the relationship.

To design resources, services and supports for family, friends and other caregivers, we must first better understand the perspectives of both the person receiving support and the person providing support.

This workshop will explore the relationship between the person experiencing suicidal distress and the family member or friend providing support. It will provide opportunities for participants to contribute their experiences and share ideas of how we can better inform and support caregivers, based on what people need.

Expected workshop outcomes:

- Explore from multiple perspectives, how relationships are impacted when someone experiences suicidal distress, and how needs and roles may change.
- · Understand how to move between needing and receiving support from the person experiencing suicidal distress.
- Develop Information Statements that support service providers better understand how the relationship between a caregiver and person experiencing suicidal distress may change, how to better support caregivers respond to these relationships, and the importance of considering this relationship for service providers.

Engaging Lived Experience in StandBy Support After Suicide



StandBy - Support After Suicide
Stephen Scott, Jo Langford, Susan Vaughan &
Trent Harvison

3 hrs (over 2 sessions) Stream 2

This workshop will provide an overview of StandBy Support After Suicide, including current lived experience roles and involvement. It will cover the orientation and overview of the specific focus areas below (all of which will be discussed in facilitated groups):

Suicide bereavement workbook/journal - Feedback received from parents, caregivers and stakeholders following the release of StandBy's activity books for children and young people indicated an interest in a similar resource for 'adults'. This resource is currently in draft form and has had input from StandBy staff and StandBy's Lived Experience Advisory Group. Additional lived experience expertise from LE Summit attendees will further develop and shape this new resource.

StandBy's engagement with men - StandBy support is available to anyone impacted or bereaved by suicide. However, males account for only 30% of those that they support. Our workforce is predominantly women, and men are also outnumbered on our Lived Experience Advisory Groups. How can we better support men that are impacted and bereaved by suicide, and engage men in our paid and unpaid workforce?

Strategies to support peer workers and those with lived experience that support our program - As StandBy develops their peer workforce (both paid and volunteer), they seek input into strategies that could be implemented to support the various lived experience roles.

Creative and Innovative Suicide Bereavement Education - StandBy want to create conversations, educate and leave a positive lasting impression on audiences through the use of Creative Arts and Lived Experience to reach more communities and positively impact more audiences. They wish to use this session to capture ideas that can reach their audience through creative means, for example, theatre, sport, art and music.

Expected workshop outcomes:

- · Participants will be involved in shaping current and future StandBy resources, services, and projects.
- Participants will gain greater understanding of StandBy and the opportunities for lived experience positions (paid and volunteer).
- Participants will receive feedback on the progress of the four focus areas as follow-up to their participation.

LE SUMMIT DAY 2 Sessions 1 & 2: 9am - 10:30am & 11am - 12:30pm

STARS Protocol: Enhancing Co-authorship of Commensurate Care



AISRAP Jacinta Hawgood & Carmen Betterridge

3 hrs (over 2 sessions) Stream 3

This workshop aims to obtain the perceptions of those with a lived experience of suicide on the structure and terminology used for several of the Systematic Tailored Assessment for Responding to Suicidality (STARS) protocol interview questions.

The STARS protocol is the only semi-structured psycho-social, person-centred suicide assessment protocol in Australia. It can be used by both the clinical and non-clinical workforce as a collaborative process (between worker and client) for uncovering the person's suicide intent, the contributing psycho-social factors to their suicidality, and for developing a person-centred safety plan and response strategy.

The authors of STARS protocol (Hawgood & De Leo, 2018) are enthusiastic about updating the current 2018 Edition. They recognise the critical need for lived experience input into the use of appropriate terminology and language for certain questions (protocol items) for sections A, B and C of this protocol.

This workshop will focus on:

- a) providing an overview of STARS protocol and training schedule (including modules, topics).
- b) obtaining lived experience guidance and feedback from small break-out groups (groups allocated to review of sections A, B and C of the protocol).
- c) summarising with the larger group an agreement or resolution of outcomes for newly constructed language for questions where applicable.

Expected workshop outcomes:

- Increased participant knowledge of STARS protocol as a semi-structured, psycho-social, person-centred suicide
 assessment interview, focused on bringing a person to a "life worth more living".
- Increased participant knowledge of the evidence informed domains of enquiry for uncovering a person's suicidality, as well as collaboratively planning for their safety against minimum standards of duty of care.
- Participant contribution towards newly co-designed terminology/language for protocol items in Parts A, B and C of STARS protocol and the potential for a joint peer reviewed journal publication (AISRAP and Roses in the Ocean)

NOTE: This workshop may use Griffith University Ethics for recording of workshop participant feedback around final stages of discussion on protocol questions for Parts A, B and C of the protocol. This request will be negotiated with Roses in the Ocean for a collaborative paper to be published on the co-design of Item-construction of STARS protocol.

Speaking Up & Speaking Out: Making Services More Inclusive Through the Voices of LGBTIQA+ Lived Experience





Switchboard & Beyond Blue

Anna Bernasochi & Tamara Bezu

1.5 hrs Stream 1

Switchboard and Beyond Blue are working together to learn more about how LGBTIQA+ people with lived experiences of suicide engage with mainstream services. In this workshop, attendees will be invited to reflect, discuss and collaborate to generate new understandings about what it is like for LGBTIQA+ people to access suicide prevention services and determine what can be done to help increase LGBTIQA+ cultural safety by mainstream providers.

Expected workshop outcomes:

- Engage the perspectives and voices of LGBTIQA+ people with lived experiences to learn about the barriers to accessing mainstream suicide prevention services.
- Provide a LGBTIQA+ peer-led space to increase representation and inclusion of LGBTIQA+ people at the LE Summit.
- Learn from and with LGBTIQA+ people to produce key take away learnings to help increase inclusion of LGBTIQA+ people in Beyond Blue services.
- Broaden Switchboard's networks and support toward LGBTIQA+ people with lived experience.
- Participants will be invited to continue their lived experience engagement by joining Switchboard and Beyond Blue's lived experience networks and maintain connection with a national LGBTIQA+ lived experience group.

Peer CARE Connect: Mobilising a Volunteer Lived Experience Workforce



Roses in the Ocean

Kathy Poulton & Sam Phipps

1.5 hrs Stream 2

Peer CARE Connect is a new initiative of Roses in the Ocean to develop an Australia-wide Lived Experience of suicide volunteer workforce designed to complement the emerging specialist and formal Suicide Prevention Peer workforce.

Peer CARE Connect provides 'light touch', in-community peer support for individuals and communities impacted by emotional distress, isolation and suicide. It is responsive to the impact of life events, marginalisation, mental health issues and COVID-19. This workforce will expand to consist of a wide network of trained and supported volunteers known as Peer CARE Connect Companions who are capable of complementing and supplementing suicide prevention activity in local communities through two primary modes of operation:

- 1. Peer CARE Connect: Warmline
- 2. Peer CARE Connect: in Community

This workshop seeks to understand:

- What roles could Peer CARE Connect Companions play within community?
- What barriers to their involvement can you imagine?
- What different ways could Peer CARE Companions be supported in these roles?

Pop-Up Safe Spaces: Co-designing Resources for Community



Roses in the Ocean

Bronwen Edwards & Carrie Lumby

1.5 hrs Stream 3

Through leading the co-design of numerous safe spaces around the country Roses in the Ocean has clearly identified common themes that have emerged about what local communities are looking for and wanting from a safe space.

Regardless of geographic region or cultural background, there is an undeniably strong appetite for non-clinical, community and lived experience of suicide led safe spaces that are locally co-designed to meet unique needs.

An exciting new venture by Roses in the Ocean, 'Pop-Up Safe Spaces', empowers communities to realise the safe space they have been dreaming of.

This workshop represents part of the ongoing co-design of resources to support the establishment of safe spaces.

LE SUMMIT DAY 2 Closing Session: 3:30pm - 4:30pm

Closing Plenary

Closing session of the LE Summit

Various Speakers

1 hr Virtual Main Stage

Bronwen Edwards - Introduction to Reflections

My Reflections of LE Summit - We look back over our two days of Summit through the eyes of some of our wonderful delegates.

Bronwen Edwards - introduction to Christine Morgan

Observations from **Christine Morgan** National Suicide Prevention Advisor, regarding ongoing involvement of people with Lived Experience

Bronwen Edwards - Close

FRIENDS OF THE SUMMIT

Support Volunteers

Roses in the Ocean have teamed up with StandBy to provide a call-back connection service staffed by StandBy and Roses in the Ocean Peer CARE Companion volunteers to provide a 'light touch' scaffolding for people needing support during the Lived Experience Summit 2021. These volunteers are there to assist by listening, encouraging, and being supportive.

STANDBY® SUPPORTAFTER SUICIDE

Clinton Brewer

Clinton Brewer is a proud Australian, Kombummeri-Ngarangwal man from the Gold Coast area. Clinton was involved in the Gold Coast 2018 Commonwealth Games as an emerging young leader, giving a farewell speech at the Closing Ceremony to a global television audience of millions of people.

He is a role model and champion for Yugambeh culture, conservation and the protection of wildlife. His role in this capacity is to bring forward his experience with wildlife and the environment to share with YRACA and the wider community.



Delta Therapy Dogs

Delta Therapy Dogs is a registered national charity helping animals bring joy to people for over 20 years. Delta delivers evidence-based Animal Assisted Interventions in partnership with hospitals, aged care facilities, healthcare facilities, schools, and businesses.

Delta's services reach a wide demographic and cross-section of vulnerable groups including residents and patients in RACFs, hospitals, mental health units, dementia wards and other health units, as well as schools, universities and workplaces. The simple act of conversation and presence from a friendly Therapy Dog brings beneficiaries the positive health benefits of the human-animal bond when they need it most.

Four core programs; Therapy Dogs; Paws the Pressure; Classroom Canines; and Dog Safe are delivered by 1000+ active volunteers, reaching approximately 20,000 Australians weekly.





Awareful - Dan Ireland

Dan is the founder of Positive Mental Health Focused companies, Awareful, The GFTC, Mindful Gold Coast, Mindfulness in Jersey and Happy-Eating.

He is an experienced and accredited Human Givens Trauma Focused Psychotherapist, A practicing Tibetan Buddhist, Compassion Focused Therapist, Mindfulness Based Therapist, Sports Therapist as well as a Chartered Management Trainer.

His aim is to restore that control in the shortest time possible by working with effective well researched tools and modern knowledge to resolve most difficulties or obstacles to well-being.

His process recognises that it is what's right with you that fixes what's wrong and this methodology has helped simplify literally thousands of people's lives both in the UK and Australia.





NOTES

SPONSORS

This event couldn't take place without the incredible support of our sponsors.









Department of Health

















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For more information please contact us:



1300 411 461







