



ESSENTIALS *for women*

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In an era of social progress and striving for equality, it is essential that we equip women in our community with the necessary skills and techniques to succeed. Without such empowerment, the persistent disparity and imbalance will continue to affect even those within the same gender.

Essentials for Women

- Addressing the 'within' gender imbalance
- Providing real solutions to women in the community
- Techniques and practical skills to make a difference
- Inspiration from other women who have made a difference

4 sessions, over 4 months...
Hear from 8 inspiring speakers

10am - 12noon

August 24 : September 21 : October 19 : November 16

Mandoon Helena Building, Heathcote
Applecross

Cost: \$35 per session



Important information

SESSION PROGRAM

- 9.30am Marketplace.... Registration and Networking
- 10.00am Welcome
- 10.05am MC Introduction
- 10.15am Speaker 1
- 10.45am Marketplace... Morning Tea and Networking
- 11.15am MC Introduction
- 11.25am Speaker 2
- 11.55am Q&A Session
- 12.30pm Finish



Mandoon Helena Building is located in the Heathcoate Cultural Precinct, 58 Duncraig Road Applecross.

Onsite parking is available. [View Map](#)



Support a Sister

Thanks to the support of Xceed Real Estate, a limited number of discounted tickets have been made available to support women in need.

By purchasing one of these special tickets when you register, you will be providing an amazing opportunity for a woman who would otherwise not be able to attend.

Gifted tickets will be issued at discretion of Event Management



Limited child minding will be available. Please indicate your need for child minding during the registration process and you will be contacted to confirm availability. Alternatively, call Jenny on 9240 5266 for any enquiries.

ESSENTIALS

for women Program Overview

Date	Session Sponsor	Speaker	Topic	MC
Thursday August 24	Ahana Care	Emma Bell	Unlocking your full potential	Pam Hendry
		Meghan Harrison	Dare to be more than Mediocre	
Thursday September 21	For My Sister	Kylie Thompson	Financial Literacy for the Creative Woman	Tracey Ward
		Rebecca Marsh	What is Enough	
Thursday October 19	Reliance Partners South Perth	Chrissy Camp	Self Care - Tuning into your inner needs and silence the noise of the world around you.	Fiona Grierson
		Daisy Campbell	Women in Property	
Thursday November 16	Juniper Wines	Gretchen Benedix	A meandering path to a career in Stem	Bev Partridge
		Ian Wee and Lucy Liongue	Cognition – The gateway to everything we understand and know	



Session 1 - Thursday 24 August



Meghan Harrison
Entrepreneur

Dare to be more than mediocre

Opportunities do exist... if you are willing to be more than mediocre. If you are willing to give things a crack. If you are willing to fail.

When COVID 19 hit, Megan saw an opportunity to turn her successful business FlashMop into a million dollar business overnight. Megan is walking proof that success isn't just about an idea, but a mindset. A serial entrepreneur with a 'go big or go home' mentality, she is always looking for new creative ideas and prepping to launch the next thing.

Unlocking your full potential

By embracing a strength-based approach, you can cultivate self-confidence, pursue meaningful goals aligned with your passions, and make a positive impact in both you and those around you.

Emma Bell's journey is marked by her unwavering dedication to education, her involvement in the community, and her genuine care for the wellbeing of children. Through her leadership, mentorship, and nurturing spirit, she continues to make a meaningful difference in the lives of those around her.

Emma Bell
Principal



Pamela Hendry
Director, Ladybird Foundation
MC

The Ladybird Foundation supports breast and gynaecologic cancer research in Western Australia, an area of medical research that has great significance to Pam. The Foundation is run entirely by volunteers, funds raised are granted directly to the relevant research project.

Session Sponsor



Session 2 - Thursday 21 September



Rebecca Marsh
Journalist

What is Enough?

The constant juggle transitioning from professional life to being a mum.

After the birth of her first son, Rebecca put her career as a Channel 7 reporter on hold to support her husband's cricket career. She navigated the loss of her own mother to lung cancer in 2021 before returning to work part time as a business journalist. With three small kids, Rebecca faces the constant dilemma of finding the perfect life balance.

Kylie Thompson

Director Sorrento Strategic Accounting



Financial Literacy for the Creative Woman

Is your activity a hobby or a small business? What do you need to do to get started on running a business?

With over 30 years' experience, Kylie is a passionate advocate for artists, championing their ability to create a sustainable music career financially whilst protecting their personal wellbeing and mental health. You will regularly find Kylie on Industry Panels & sponsoring events Propel Youth Arts, WAM Song of the Year & WAM Awards.



Tracey Ward
Disability Employment Manager

MC

Tracey has worked at top hospitality venues internationally including Crown Resorts and she now leads the operational team at Hospitality Disability Network. Tracey applies her practical experience in hospitality roles which enables her to establish and maintain strong relationships across the hospitality sector and highlight the benefits of employing people with disability.

Session Sponsor



Session 3 - Thursday 19 October



Chrissy Camp
Psychosocial Services Manager

Self Care – Tuning into your inner needs and silence the noise of the world around you

Self-care is more than learning how to relax. It encompasses all the strategies you use to care for yourself physically emotionally, mentally, socially and spiritually

As a Social Worker specialising in welfare and complex mental health, Chrissy has a strong belief in the importance of creating supportive and inclusive environments for all individuals. She strives to provide compassionate, non-judgmental support to those she works with.

Daisy Campbell
Director and Licensee



Women in Property

Practical strategies for women looking to get into property whether it be as a career, a home or an investment.

Daisy is passionate about building Property Management careers and breaking the mould of the traditional property manager. She's been living and breathing property management since she left school and took on her first role as Licensee at the age of 23.



Fiona Grierson
NDIS Manager

MC

Fiona has over 35 years' experience in community and business development, including working with Aboriginal Communities across the state. She is the NDIS and Strategy Manager at Perth Integrated Health and the Commercial and Business Development Manager at Winun Ngari Aboriginal Corporation. Fiona has been living with Multiple Sclerosis over 20 years.

Session Sponsor



Session 4 - Thursday 16 November



Gretchen Benedix
Professor of Planetary Sciences

A meandering path to a career in STEM : life lessons from a wandering planetary scientist

The federal govt has predicted that the future will rely on a workforce that is knowledgeable in STEM based careers. They also recognise a gender inequity in many of these areas.

Gretchen is a Professor in the School of Earth and Planetary Sciences at Curtin University. Her research interests lie in the study of meteorites to understand and unravel the evolution of the Solar System. She is a fierce STEM and Women in Science advocate and takes her responsibility as a role model very seriously. She uses her work to provide inspiration to young people

Cognition – The gateway to everything we understand and know

This presentation by Brain & Cognition Clinic Founders explores cognition levels in practical, direct and applicable ways which enable the empowerment process for change to take place. A must for any discerning woman who wants to make a difference in her life and those around her

Lucy Liongue
Director Perth Integrated Health

Lucy is very passionate about neuromuscular health and specialises in the treatment and education of clients to improve pain, sleep, function, and energy. She has observed that the powerful role of females in the health of a whole family cannot be underestimated.



Ian Wee
Founder/CEO Perth Integrated Health



Ian's role within the Perth Integrated Health Group of Companies is primarily advisory and direction and covers the various clinical practises, business and project development, event management and investment portfolios. His business networking conduit and reach is legendary and he dedicates a significant amount of his time to assist with charities and develop opportunities for those whom he mentors.

Bev Partridge
Regional Manager Università Cattolica Milan
MC

Bev has 20+ years of experience working in the International Education sector for the University of Western Australia (UWA). Bev's commitment to social progress is evident in her role as a board member of 'BeKids', a Perth based charity that aims to provide young adults from Nairobi's Korogocho slum with access to higher education.

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The Ladybird Foundation supports breast and gynaecologic cancer research in Western Australia. Their aim is to improve the lives of those diagnosed with breast and gynaecologic cancers through the funding of research.

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For more information or to register your interest please contact
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