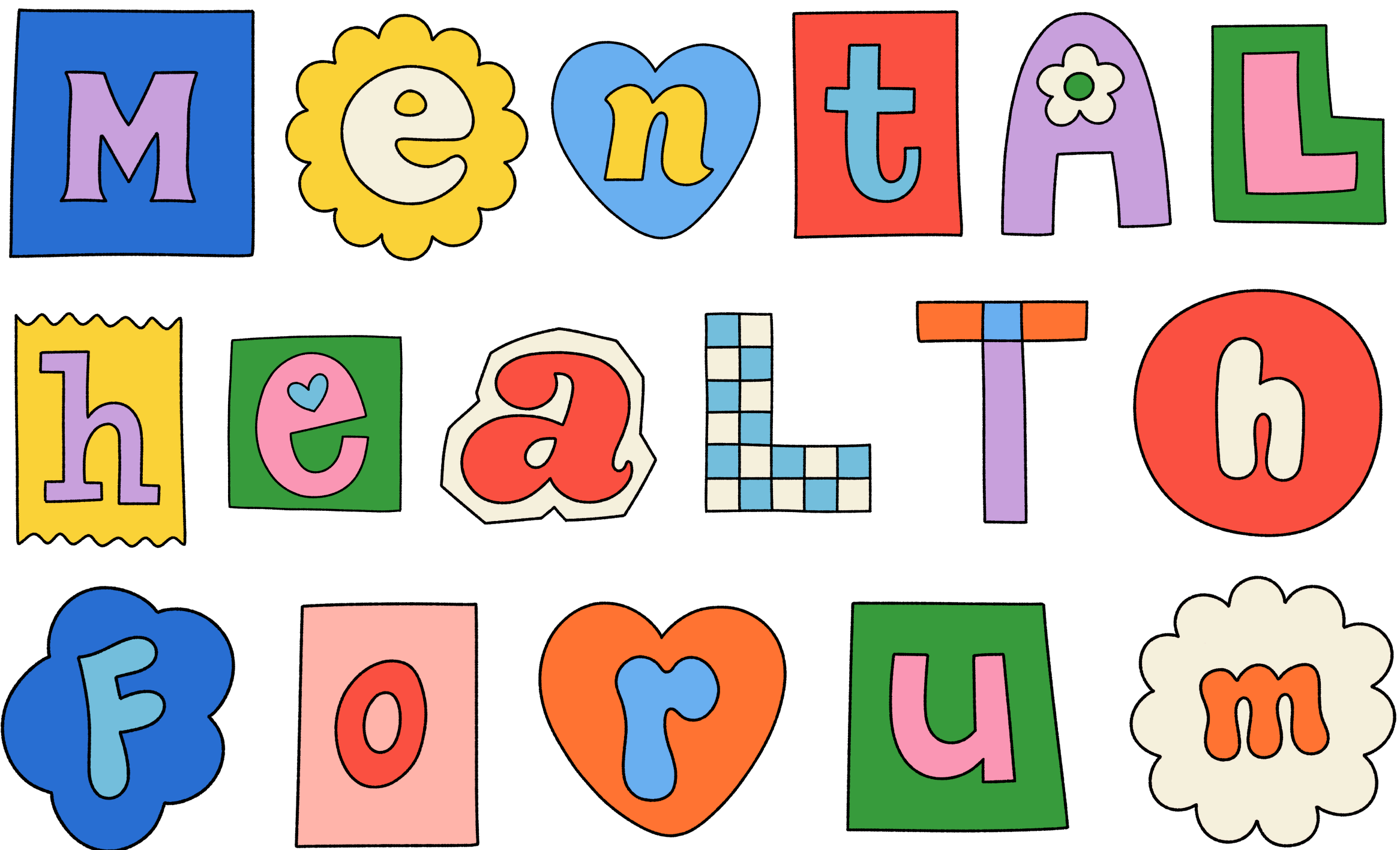




GREATER BUNBURY YOUTH



Wednesday 12 February, 2025
Mantra Lighthouse Hotel, Bunbury



Program

8:00am	Registrations open
9:00am	Welcome
9:15am	Special guests
10:00am	zero2hero - Vince Umbers
10:45am	Morning Tea
11:15am	Blue Tree Project - Kendall Whyte
12:00pm	headspace - Penelope White
12:45pm	Lunch
1:45pm	Happiness Co. - Brayden Ainsworth
2:30pm	Thank you
2:45pm	Depart



Stalls



Speakers

Lexy McDonald



Lexy McDonald is a 21-year-old, Bunbury entrepreneur and change-maker who is so passionate about youth empowerment, women's rights, and inspiring people to step into their best selves. She is the founder of HerHelp which is the #1 All in One Wellness app with an aim to encourage, guide, and support people through daily challenges and with over a 100 professionals on the app with thousands of sessions from fitness, nutrition, finance, career coaching and more!!

Vince Umbers



Love Yourself - A Guide to Wellbeing. Vince is the Regional Program Manager at zero2hero, a WA-based mental health charity that has impacted over 50 000 young people this year. In this fun and engaging presentation, we use a holistic approach to explore how to maintain optimal mental wellbeing, promote positivity, and connect with ourselves. We discover how nutrition, sleep, exercise, friendships and self-talk can play a vital role in supporting our mental health.

Kendall Whyte



Kendall Whyte is the founder and CEO of Blue Tree Project. She has spent many years sharing the personal story behind the charity, helping create an impact wherever she goes. Hear Kendall vulnerably share in the hope of empowering others to take ownership of their mental health.

zero2hero®



Penelope White



headspace will be giving a self-care talk that includes: understanding mental health and the importance of looking after ourselves, understanding what self-care is and ways to do it, building a healthy headspace action plan, and identifying where, when, and how to seek additional support.



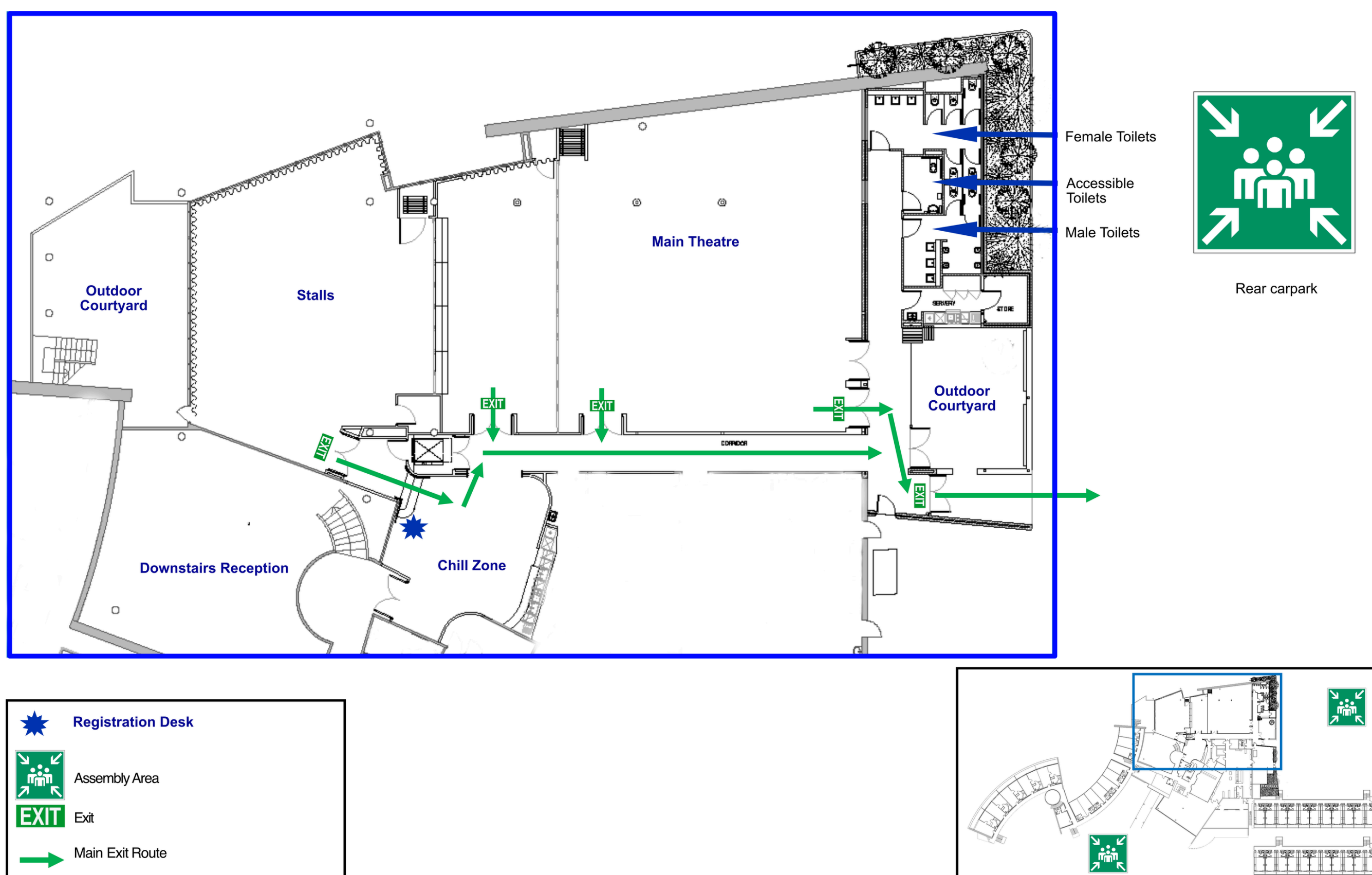
Brayden Ainsworth



Brayden is dedicated to helping individuals embrace their true selves for a life of genuine well-being and fulfillment. With a strong belief in the power of self-understanding, meaningful connections, and unshakable self-belief, he draws on his own journey to empower others. Driven by a deep purpose, Brayden inspires people to break through the noise, confront their true feelings, and own their beliefs and values, building a life that's fulfilling from the inside out.

Investing In Our Youth acknowledges the Traditional Custodians of the land, the **Wardandi Noongar** people, and pay respects to their ancestors and Elders past and present. We extend that respect to all Aboriginal and Torres Strait Islander people today and acknowledge your continuing connection to land, waters, and communities. We respect the oldest, continuous living culture and are committed to working in partnership to strengthen and embed First Nation's voices and perspectives in our decision-making, now and into the future.

Venue



Blue Leaf Initiative



YOUTH SAFE

Mental health and suicide prevention training.



YOUTH AWARE

Connecting young adults with mental health services.



YOUTH EMPOWER

Co-design of health promotion initiatives.



YOUTH CONNECT

Free community events to increase social connections.

Youth mental health promotion through collaboration, connection and community.



To register for our free events visit: www.blueleaf.org.au

Or to stay up to date, join our Facebook community group



Blue Leaf Initiative



@blueleaf_initiative

