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PROGRAM
Inaugural National Convention
17 – 19 September 2010

The Woolstore in Hobart is the official convention headquarters and our registration desk will be open as indicated below.

- Please visit [this link](#) to fill out your workshop and meal selections. If you require a special diet please indicate under OTHER in the form and we will telephone you individually if further clarification is required.
- All official transport provided as part of the official package will depart from the Woolstore.
- All attendees need to produce DAA ID tags at the Registration Desk in order to receive their convention packages and for boarding of buses.

Thursday 16 September 2010

5.00pm – 7.00pm Registration Desk open at the Woolstore

Friday 17 September 2010

Today there is the option of workshops in Hobart or paddling related workshops and activities being held at Franklin

Morning Tea & Lunch are included today for all participants

7.00am – 9.00am Registration Desk open at the Woolstore

Workshops at the Woolstore

9.00am – 12.00pm Basic Principles of Cognitive behaviour therapy
Presenter: Adj. Prof. Pam Bell, Reg. Psychologist.
University of Technology, Sydney

9.00am – 12.00pm Creating & Maximising Opportunities
Presenter: Yvonne Toering

This intensive workshop covers:

- Corporate identity, modus operandi, reputation and representation of DAA
- Generation of and maximising opportunities, leads, referrals and networking
- Dissemination of information (pertaining to opportunities) within DAA, individual ownership and accountability
- Conflicts of interest, time wasters and trouble shooting

Noon – 1.00pm Lunch for delegates at the Woolstore

- 1.00pm In the theatre - *Australian Story 'In the Pink'*.
- 2.00pm In the theatre - *The Mighty Ord*
- 2.30pm In the theatre - *River of Life* – Yukon adventure
- Opportunity for discussions with participants in the above*
- 3.00pm Introduction to Handling the Media Workshop
Presenter: Michelle Hanton
- 3.00pm Laughter Workshop
Presenters: Robyn Bishop & Margaret Lange
- 5.00pm Opening ceremony in the Merino Room at the Woolstore

SIMULTANEOUSLY - Paddling Related Activities all taking place at Franklin

- 8.00am Buses leave from the Woolstore for Huonville and Franklin for those taking part in the paddling related activities
- 10.00am Start of race to Franklin 9km
Only paddlers with **endurance experience** and a fully accredited sweep are eligible for this race.
- 10.45am – 11.00am Race Finish

Please note there are NO SHOWERS available at FRANKLIN. If you wish to take a change of clothes these may be left on the bus at Huonville and will be transported to Franklin for you.

Those not taking part in the race on Friday but attending workshop sessions at Franklin there is the opportunity to view the "Real Beauties Exhibition" – which is open all weekend

- 10.45am -11.15am Morning tea at the Palais Theatre, Franklin
- 11.30am – 1.00pm Paddling related workshops in Franklin

We are seeking volunteers to paddle the boats from those who have completed the race so the novice sweeps may practice the on water elements below.

At the Palais Theatre (Franklin)

- Communications in the boat
- Voice projection
- DAA specific coaching

On the Water (Franklin)

- Novice sweep practice
- Turn race practice

- 1.00pm – 2.00pm Lunch and time to wander around Franklin.

Delegates will be issued lunch vouchers once meal selections have been made and redeemed at the designated restaurants depending on menu selected.

- 2.30pm Buses back to Hobart
- 5.00pm Official Opening & Welcome Drink
Merino Room at the Woolstore

Saturday 18 September 2010

- Afternoon tea & Formal Dinner included for all delegates
- Free morning Salamanca Market
- 12.00pm Tai Chi – on the Lawns of Parliament House – easy walk from Woolstore

*Please wear **pink** for identification - Public may join in - 45 mins next to Salamanca Markets - then 10 minute walk to Woolstore*

- 1.15pm *“Nutrition Post Cancer – sifting through the hype”*
Presenter: Ree Van Galen
- 2.00pm – 3.30pm Creating & Maximising Opportunities
Presenter: Yvonne Toering
- 2.00pm – 4.30pm Basic Principles of Cognitive Behaviour Therapy
Presenter: Adj. Prof. Pam Bell, Reg. Psychologist.
University of Technology, Sydney
- 6.10pm First Bus departs from Woolstore for dinner
- 6.30pm Last Bus departs from Woolstore for dinner
- 6.30pm for 7.00pm Formal Dinner – Royal Yacht Club of Tasmania
Marieville Esplanade
Sandy Bay
- Guest speaker – Jane Hall is a high achiever in every sense, with a PhD in Marine Ecology, a former Director of CleanUp Australia and 13 World Titles in Paddlesport. (kayak, racing ski, outrigger canoe).
- Jane has also been described as 'the world's most accomplished female expedition racer'.
- 9.30pm Buses depart for return to Woolstore

Sunday 19 September 2010

- FRANKLIN** No meals are included today
- 8.30am Buses leave Hobart from Woolstore to Franklin
- 10.00am Morning race program commences
- 12.30pm LUNCH BREAK – lunch at own expense

1.00pm Afternoon race program commences

Novelty Session - involving dressing your Drummer for the afternoon paddling competition - Tasmanian Port Arthur Theme - can be anybody - limited only by your imagination. i.e. Port Arthur convict / soldier / Governor or his Lady / bush ranger / tart / guard / sailor etc.

Just be sure your drummer can still drum, and there is nothing to cause injury in the course of paddling.

Keep this activity in mind when packing for the weekend - there will be some items provided, but in limited supply.

3.00pm Closing of Convention at Palais Theatre, Franklin

4.30pm Buses leave Franklin for return to Hobart

MORE INFO ON WORKSHOPS/PRESENTERS

Changing Your Thinking: Cognitive Behaviour Therapy

We have all worried over issues and later realised that it was not as important as we first thought. Negative thoughts have a habit of taking hold even when we realise things are not as bad as we feared. We also often find that talking over a problem with a friend helps us to think differently about a situation- when you start to think about things from a different perspective, your feelings may change. Every day we experience situations that demonstrate that what we think determines how we feel. This is good news because although we may not be able to change other people or our life circumstances, we can change the way we think about them. This simple statement is the key principle underlying Cognitive Behaviour Therapy or CBT as it is known, a psychological therapy used extensively by health professionals. This workshop explains the basic principles of CBT and how it can be applied to daily life situations.

Presenter: Adj. Prof. Pam Bell, Reg. Psychologist. University of Technology, Sydney

Pam is a member of Dragons Abreast Sydney and a breast cancer survivor.

Creating & Maximising Opportunity

There are three workshops on this topic – two of which is a briefer snapshot (1.5 hours) Plus a 3 hour session will focus more specifically on the higher detail of the workshop content, with a greater opportunity for participant interaction.

This workshop covers the basics of:

- Corporate identity, modus operandi, reputation and representation of DAA
- Generation of and maximising opportunities, leads, referrals and networking
- Dissemination of information (pertaining to opportunities) within DAA, individual ownership and accountability
- Conflicts of interest, time wasters and trouble shooting

Presenter: Yvonne Toering who has over 20 years experience in sales consultancy and training. Yvonne is a breast cancer survivor.

Introduction to Handling the Media

The media is the key to having your stories/activities/events well publicised – understanding how to work with media for successful outcomes is a skill.

This workshop has been specifically formulated for Dragons Abreast Australia. Participants will learn basic skills enabling them to work more confidently with print, radio and television media.

Presenter: Michelle Hanton OAM has extensive experience working with television, radio print media both nationally and internationally both in the Not For Profit and corporate sectors.

Ree Van Galen – Biography

Ree lives in rural Tasmania and has been working as a qualified Naturopath for over 20 years. Her interest in breast cancer has seen her regularly present and write on the topic. She is also a rural primary health care nurse and is currently completing her PhD. With many years of experience incorporating complementary therapies and supporting women through the treatment phase of breast cancer, Ree's particular area of interest is in 'post treatment wellness'. This presentation will provide women with some key skills to be able to sift through all the information, as well as the hype, regarding nutrition and breast cancer.