

# Be You Virtual Conference **Empowerment: Keys to Mentally Healthy Communities**

Supporting learning communities to be confident, hopeful and resilient.

**8 and 9 June 2022**

**Day 1:**  
Exploring **empowerment**  
and **resilience**

**Day 2:**  
Creating empowering **learning**  
**environments**



Register now to build empowerment and resilience in your early learning service or school – for the benefit of everyone in your learning community.

**Scan QR Code to register**



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## About the conference:

As we emerge from the pandemic, empowerment holds the keys to hope, recovery and resilience.

In this two-day Be You Virtual Conference hear from a range of experts and educators on:

- empowerment and resilience, and how they protect mental health
- creating empowering learning environments.

We'll discover how empowerment and resilience support learning communities to adapt, grow and thrive. We'll also look at practical strategies to empower learning communities in everyday learning experiences.

Through keynote presentations, case studies and panel sessions, find out more ways your learning community can promote the mental health and wellbeing of children and young people through empowerment.

### Day 1 JUNE 8

#### Exploring empowerment and resilience

- Learning communities across Australia share what empowerment means to them.
- Explore the values, beliefs and unconscious biases that shape how we advocate for children's rights.
- The power of supportive workplace cultures for the wellbeing of educators, and others in learning communities.
- Positive family partnerships are a key to empowered learning communities.

### Day 2 JUNE 9

#### Creating empowering learning environments

- Transitions as opportunities for empowerment.
- Upholding a child's agency and citizenship in early childhood settings.
- Promoting safety and belonging through language and cultural connections.
- Protecting the rights of all children and young people in learning communities.
- Empowering children and young people through disaster preparedness, response, recovery and resilience.

# Day 1 JUNE 8

11:00am - 11:50am AEST  
Opening Keynote

## Unpacking 'empowerment' and growing a shared definition

**Presenters:** Professor Helen Milroy  
*Child and Adolescent Psychiatrist*

Geri Sumpter | *Head of Be You  
Delivery, Beyond Blue*

**Audience:** Early childhood, primary  
and secondary school educators

**Explore the relationship between empowerment and resilience with a focus on the mental health and wellbeing of children and young people.**

Being empowered is a protective factor for the mental health of children and young people because it enables social and emotional learning (SEL) and resilience. Reflect on empowerment: what it is, what it looks like in practice and the importance of a shared understanding. Hear how empowerment and resilience is connected, and the factors which influence this connection. Join the opening session of the conference to learn more about fostering empowering learning environments that promote the mental health of children and young people in your learning community.

12:00pm - 12:50pm AEST  
Educator Panel

## Exploring empowerment across learning communities

**Presenters:** Ebony Gill | *Be You  
Clinical Lead, headspace*

David Wild | *Chief Executive, Specialised  
Assistance School for Youth*

Sybila Ford | *Principal, Mount Pleasant  
Primary School*

**Audience:** Early childhood, primary and  
secondary school educators

**Join headspace Schools Clinical Lead Ebony Gill and a panel of educators as they explore what empowerment means to them in their education setting.**

Join headspace Schools Clinical Lead Ebony Gill as she chairs a panel of educators exploring what empowerment means to them. The panel considers what empowerment looks, feels and sounds like in practice – and how the members of their learning communities understand empowerment. How do you know each other's perspectives in your learning community? And what are the consequences of different understandings? Join this diverse panel of educators to find out more.



# Day 1 JUNE 8

1:00pm - 1:50pm AEST  
Presentation

## Unpacking the 'power' in empowerment

**Presenters:** Louis Hamlyn-Harris  
*Be You Executive Manager, Early Childhood Australia*

Sharyn D'Souza | *Be You Clinical Lead, headspace*

**Audience:** Early childhood, primary and secondary school educators

**Take a critical look at the distribution of power in early learning services and schools, and explore some of the theories and approaches that underpin genuine, inclusive empowerment.**

A whole learning community working together can create empowering environments and relationships that promote the mental health of children, young people and families. But who gets to be empowered, and who decides? In this session, Be You Executive Manager Louis Hamlyn-Harris from Early Childhood Australia and Be You Clinical Lead Sharyn D'Souza from headspace take a critical look at how power is distributed in early learning services and schools. Participate to consider how your approach might be informed by your image of the child, the role bias plays in shaping your work, and what genuine, inclusive empowerment might look like in your setting.

2:00pm - 2:50pm AEST  
Presentation

## Building educator wellbeing through mentally healthy learning communities

**Presenters:** Nikki Edwards | *Be You Consultant, Early Childhood Australia*

Chantel Fathers | *Be You Project Manager, Beyond Blue*

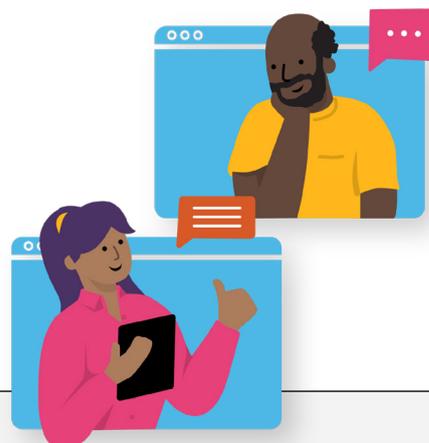
Rachel Jewell | *Be You State and Territory Manager, headspace*

Professor Andrea Reupert | *Head of the School of Educational Psychology and Counselling, Faculty of Education, Monash University*

**Audience:** Early childhood, primary and secondary school educators

**Discover how learning communities can support educator wellbeing.**

Be You team members from Beyond Blue, Early Childhood Australia and headspace explore the factors that affect educator wellbeing, and what learning communities can do to cultivate a mentally healthy work environment. Attend this session to understand more about what leaders and educators can do to support themselves and their colleagues, and to build a positive and supportive workplace culture in their learning community.



# Day 1 JUNE 8

3:00pm - 3:50pm AEST  
Closing Keynote

## Empowerment is a partnership: Connecting and engaging with families and communities to build capacity

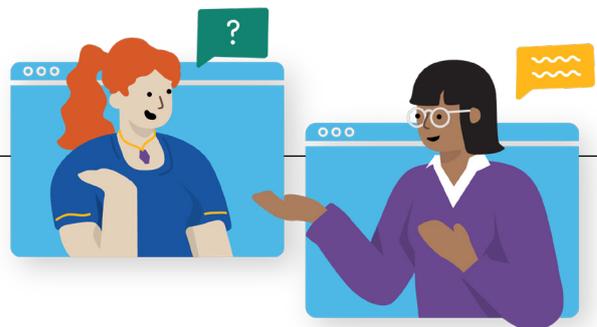
**Presenters:** Sonia Regan | *Independent Consultant*

Sara Richardson | *Be You National Manager, Early Childhood Australia*

**Audience:** Early learning, primary and secondary school educators, leaders, support staff and stakeholders

**Connect and engage with families and communities to support children and young people to be confident, hopeful and resilient.**

Hear from Sonia Regan, an experienced and passionate advocate for co-creating environments that empower children and young people. Together with Be You National Manager Sara Richardson, Sonia explores practical strategies and tools to build partnerships with families for empowered and mentally healthy communities. Join Sonia and Sara and reflect on the integral role your beliefs and practices have on partnerships with families and communities.



# Day 2 JUNE 9

2:00pm - 2:50pm AEST  
Opening Keynote

## Transitions as empowerment opportunities

**Presenters:** Kathryn Hopps | *Be You Consultant, Early Childhood Australia*

Geri Sumpter | *Head of Be You Delivery, Beyond Blue*

**Audience:** Early childhood educators and school aged care professionals

**See how transitions in education settings provide both opportunities and challenges for empowering children and young people, educators and families.**

Transitions in, and between, education settings provide both opportunities and challenges for empowering children and young people, their educators, and families. In this keynote session, Kathryn Hopps, Be You Consultant with expertise in transitions, highlights the many ways transitions can be empowering, what the challenges are, and how to navigate them. Attend to hear more ways to embed positive experiences and create new opportunities for empowering transitions.

3:00pm - 3:50pm AEST  
Presentation

## Children's rights as a protective factor for mental health drives everything we do

**Presenters:** Dr Carmen Huser | *Be You Consultant, Early Childhood Australia*

Claire Walker | *Early Childhood Teacher, Gumnut Preschool Bowral*

**Audience:** Early childhood educators, school age care

**Engage in reflections and practical examples on how embedding children's rights into philosophy, policies and pedagogical practice supports children's mental health and wellbeing.**

Be You Consultant Dr Carmen Huser and early learning educator Claire Walker share their reflections on the connection between mental health and children's rights. They look back on two years of professional community-led conversations and learnings on how to advocate for children's rights, using Be You resources and tools to inform their reflections. Learn more about children's rights as a protective factor for children's mental health and wellbeing, and drive positive change in your early learning service philosophy, policies and pedagogical practice.



# Day 2 JUNE 9

3:00pm - 3:50pm AEST  
Presentation

## Mental health and inclusion: Creating safety through language

**Presenters:** Ami Raman | *Clinical Psychologist, Clinical Content Lead for Orygen Digital*

Chloe Ryan | *Be You Consultant, headspace*

**Audience:** Primary, secondary and combined school educators and leaders

**Discover practical strategies for schools that encourage safe discussions about mental health across the learning community.**

Explore how learning communities can use inclusive and recovery-focused language to promote safety and empowerment. Presented by clinical psychologist Ami Raman and Be You Education Consultant Chloe Ryan, this session provides strategies and tools to support educators to safely use language and communicate in their learning community, including with young people and their families. Join this session to reflect, build sustainable practices through co-design and use language to empower, promote inclusion and enhance the mental health and wellbeing of learning communities.

3:00pm - 3:50pm AEST  
Presentation

## Practical strategies to grow empowering organisations and systems

**Presenters:** Alicia Marshall | *Be You Consultant, Early Childhood Australia*

Kylie Pearce | *Founder and Team Director, Urban Education*

**Audience:** Early childhood service leaders

**Explore a range of practical strategies to support early learning leaders to develop and continually improve an empowered organisational culture.**

Discuss growing an empowered organisation with Be You Consultant Alicia Marshall and Kylie Pearce from Urban Education. This session supports leaders to consider their own unconscious bias and their role in establishing and maintaining an empowered team. Join to gain practical strategies and system suggestions, and consider the role that empowerment can play in promoting mental health and wellbeing in your learning community.



# Day 2 JUNE 9

4:00pm - 4:50pm AEST  
Presentation

## Inclusive environments empower everyone: A whole learning community approach

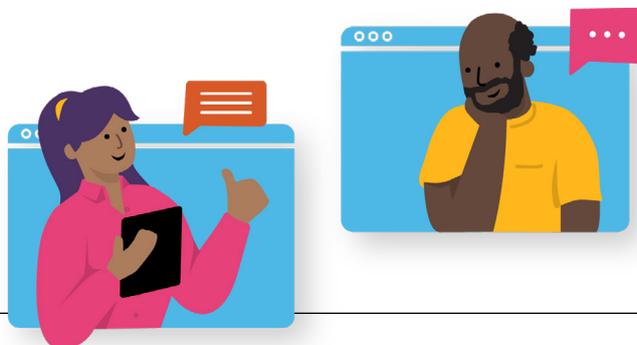
**Presenters:** Emma Woods | *Be You Consultant, Early Childhood Australia*

Emma Pierce | *Resource Coordinator, NSW/ACT Inclusion Agency KU Children's Services*

**Audience:** Early childhood educators and leaders

**Explore how inclusive environments empower children and educators.**

Discover the links between inclusive environments, agency and empowerment in early learning settings. Be You Consultant Emma Woods and Emma Pierce from the NSW/ACT Inclusion Agency lead this session on ways we can collaborate to support, include and empower all members of a community. They also share resources and practical strategies to support discussion, reflection and action in early learning settings.



4:00pm - 4:50pm AEST  
Presentation

## Explore how learning communities empower through cultural connections

**Presenters:** Tasneem Chopra | *Cross-cultural Consultant*

Ziyad Serhan | *Be You Consultant, headspace*

Sheralee Fordham | *Be You Consultant, headspace*

**Audience:** Primary and secondary school educators

**Gain practical strategies to engage with and support cultural diversity in school settings.**

Schools are microcosms of society and are important places for supporting the wellbeing of culturally diverse communities. Be You Consultants unpack case studies, share insights from the postvention and suicide response space, and demonstrate practical strategies for cultural inclusion. The session has a particular focus on schools with culturally diverse communities. Participate to find out more about the Be You Professional Learning, tools, resources and suicide postvention support available to promote inclusion in your learning community.

# Day 2 JUNE 9

4:00pm - 4:50pm AEST  
Presentation

## Empowering young people in disaster preparedness, response, recovery and resilience

**Presenters:** Elise Taylor | *Be You Consultant, headspace*

Julian Jefferys | *Be You Consultant, headspace*

Sally Hodges | *Be You Delivery and Engagement Advisor (Bushfire Response), Early Childhood Australia*

**Audience:** Early childhood, primary and secondary educators

**Learn the ways that some learning communities have integrated the empowerment of children and young people into disaster preparedness and response to foster recovery and resilience.**

A panel of Be You Consultants share their experience in disaster recovery, and why empowerment is at the centre of disaster preparedness and recovery. The conversation-style session explores disaster recovery in schools and early learning services, examples of how to enable the voice of the child or student in times of disaster, and the barriers and enablers to empowering children and young people during disaster planning. Join to learn more about the range of Be You approaches and strategies for empowerment to include in your early learning service's or school's disaster response and recovery planning.

5:00pm - 5:30pm AEST  
Closing

## Planning for Empowerment: A look to the future with Be You

**Presenters:** Geri Sumpter | *Head of Be You Delivery, Beyond Blue*

**Audience:** Early childhood, primary and secondary school educators

**Reflect on the insights, learnings and knowledge shared during the two-day Virtual Conference. Together with Be You, look to the future with a plan for empowering your learning community.**

Geri Sumpter, Head of Be You Delivery, reflects on the insights and knowledge shared across the two days of the Virtual Conference, and discusses practical steps to plan for empowerment in your learning community. The session also looks to the future of the evolving education landscape, and the focus areas for Be You to continue to promote mental health and wellbeing in learning communities.

# Timetable

## Day 1: June 8

11:00am - 11:50am AEST	Unpacking 'empowerment' and growing a shared definition
12:00pm - 12:50pm AEST	Exploring empowerment across learning communities
1:00pm - 1:50pm AEST	Unpacking the 'power' in empowerment
2:00pm - 2:50pm AEST	Building educator wellbeing through mentally healthy learning communities
3:00pm - 3:50pm AEST	Empowerment is a partnership: Connecting and engaging with families and communities to build capacity

## Day 2: June 9

2:00pm - 2:50pm AEST	Transitions as empowerment opportunities	
3:00pm - 3:50pm AEST	Children's rights as a protective factor for mental health drives everything we do	choose one session from:
3:00pm - 3:50pm AEST	Mental health and inclusion: Creating safety through language	
3:00pm - 3:50pm AEST	Practical strategies to grow empowering organisations and systems	
4:00pm - 4:50pm AEST	Inclusive environments empower everyone: A whole learning community approach	choose one session from:
4:00pm - 4:50pm AEST	Explore how learning communities empower through cultural connections	
4:00pm - 4:50pm AEST	Empowering young people in disaster preparedness, response, recovery and resilience	
5:00pm - 5:30pm AEST	Planning for Empowerment: A look to the future with Be You	

Register for the Virtual Conference today

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