

# QRRRWV MARANOA STATE CONFERENCE ROMA 6-8 OCTOBER 2016

## *Cultivating Confident Women*

### CONFERENCE PROGRAM

THURS 6th Oct

12 - 5 PM	Industry tour - with Santos - Meet at the Cultural Centre
5 - 6 PM	Registration Desk Open at the Cultural Centre
6 - 8 PM	Official Conference Welcome cocktail function at Royal on Ninety-Nine

FRIDAY 7th Oct

6:00 AM	Fun Fitness - Gentle Yoga - Walk					
7:30 AM	Westpac Business Breakfast at the Explorer's Inn with RIRDC Queensland Winner 2016, Emma Robinson					
8:30 AM	Registration Desk Open at the Cultural Centre					
9 AM	Official Conference Opening & lighting of the conference candle					
	Welcome to Maranoa and Region					
	Indigenous Welcome to Country					
	Plenary Session 1: Resilience in life and business with Keynote Speaker: Julie McDonald					
	Plenary Session 2: Possibility mindset with Keynote Speaker: Josie Thomson					
10:30 AM	Morning Tea					
11:15 - 12:15 PM	Workshop #1	Creativity	Ag Industry	Well-Being	Personal Devt	Positivity
		Fiona Lake	Lisa Lonsdale	Amanda Bigelow	Alison Triffet	Josie Thomson
		Photography Camera Basics	Understanding your finances in a rural operation	How to avoid chronic stress and exhaustion	Does my bum look big in this?	The importance of a 'Possibility Mindset'
12:15 PM	Lunch					
1:15 - 2:15 PM	Workshop #2	Creativity	Business	Well-Being	Ag Industry	
		Loretta Waldron	Jess Fealy	Cathryn Lloyd	Fiona Lake	
		The Rhythm of Life is a Powerful Thing	Blogging	Mindful Creativity and Wellbeing	Ag travel around the planet	
2:30 - 3:30 PM	Plenary Session 3: What are the Strong Women Leadership Awards? Women in Technology presentation Kristy Sparrow and the BIRRR team with facilitated panel discussion					
3:30 PM	Afternoon Tea					
4 - 5 PM	QRRRWV Member Meeting followed by QRRRWV AGM OR Indulge in some retail therapy or free time					
6:30 PM	Gala Dinner at the Explorer's Inn featuring live entertainment and the Strong Women Leadership Awards announcements					

SATURDAY 8th Oct

6:00 AM	Fun Fitness - Gentle Yoga - Walk					
7:30 AM	Prayer Breakfast with open invitation to the local community					
8:30 AM	Main Conference Opens at Cultural Centre					
9:00 AM	Plenary Session 4:					
	Holistic Healthy Habits Session					
	QRRRWV highlights, projects and programs					
	Special Guest: Shane Webcke Safety Ambassador for Workplace Health and Safety Queensland					
10:30 AM	Morning Tea					
11:15 - 12:15 PM	Workshop #3	Creativity	Ag Industry	Well-Being	Personal Devt	Business
		Susie Klein	Helen Lewis	Heather Grant-Campbell	Chandra Roulston	Sally Cripps
		Creativity & Relaxation Through Art	Natural Ag - let's give it another shot	Laughter Yoga	Happy Women, Happy World	How to get your story in print, online, on air
12:15 PM	Lunch					
1:15 - 2:15 PM	Workshop #4	Creativity	Business	Well-Being	Personal Devt	Positivity
		Marg Enkelmann	Claire Dunne	Fiona Flanders	Helen Everingham	Sue Johnston
		Farm Waste Wearable Art Fascinator Workshop	Starting a Business in the Bush	Cooking for Well-Being	Flourish - how to be the best we can be	Reinventing Yourself
2:30-3:30 PM	Workshop #5	Creativity	Business	Well-Being	Personal Devt	
		Robin Strang	Carmen Roberts	Emma Taylor	Lynette Grey	
		BraSational Headpieces Workshop	Modern Business & Personal Brand	Soul Mama: Walk With Me	Surviving the Tough Times	
3:45 PM	Afternoon Tea					
4 - 5 PM	Plenary Session 5: "Confidence, what it feels like, looks like and how do I grow it within me" Keynote Speaker: Annabelle Brayley (Close Conference)					
6:30 PM	Wind Up Dinner at the Overlander (optional extra to conference registration)					



QRRRWV MARANOA  
STATE CONFERENCE  
ROMA 6-8 OCTOBER 2016  
NOURISH  
EMPOWER  
GROW

*Cultivating Confident Women*

Keep up to date  
with conference  
developments  
and register now at  
[www.qrrrwn.org.au](http://www.qrrrwn.org.au)

FRIDAY  
Youth Conference

FRIDAY & SATURDAY  
Trade Displays  
Health Hub & Wellness Centre

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Queensland  
Rural Regional and Remote  
Women's Network



This event has been supported by the Department of Communities, Child Safety and Disability Services Community Drought Support Package. Maranoa Regional Council received funding from the Queensland Government to provide social events and drought specific information to residents within the Maranoa region.

