



MASTERCLASS

CREATIVE BRIEF: DESIGN A STICKER

In this sticker designing Masterclass, Brad will take you through all the steps that lead to a finished sticker to keep for yourself. We will approach the sticker project as if Luminosity is the client, commissioning our participants to collaboratively create a new sticker and piece of advertising for future events. We will discuss design briefs, work through the initial stages of a project, brainstorm our design ideas and collaboratively create the imagery to combine into our final sticker. The design will be a collage of all of our individual drawings. As a group, we will work to balance themes, imagery and colours across our design. This workshop is designed to get your imagination flowing, learn to collaborate with others, and leave with an understanding of how to work through a commissioned project from start to finish.”

BRAD COLLINS

MULTI-DISCIPLINARY ARTIST

Brad Collins is a self taught, multi-disciplinary artist, living on Birpai Land. Illustration, Painting, Photo & Video are his passions and vehicles for expressing his views and understanding of himself and the world. As well as being a working Illustrator and Artist, Brad is also a musician, which leads to the art, music, photo and video worlds to constantly collide throughout his practices.



MASTERCLASS

MONEYMATTERS-NO SHORTCUTS TO THE TOP!

BASECAMP – Learn the basic financial skills you need before you attack the Summit.
SUMMIT – Now you’ve acclimatized, it’s your time to reach for the stars.
DESCEND – Success is not just about reaching the top, being risk smart will help you to get home safely. Come prepared to strap on your mountaineering boots as we go on a journey to climb your financial Everest, whether that be to buy a car, a house or to fund your Dangerous Idea.

BELINDA GAUNT

MID NORTH COAST REGIONAL RELATIONSHIP MANAGER - REGIONAL AUSTRALIA BANK

Belinda Gaunt is Regional Australia Banks, Regional Relationship Manager for the Mid North Coast, but doesn’t define herself just by her professional title. She is most proud of her titles of wife to her husband Mark and mother to her 16-year-old daughter Kirsten. She is passionate about leading her team to successfully support regional Australians in all aspects of securing stable financial futures and is an advocate for further education opportunities as well as building resilience and life skills. She has created positive ways in which she can focus on continual personal growth and development and has leveraged off further education opportunities in the following fields: Business and Management diplomas, Certificates in workplace training and assessment, Diploma of Counselling and is currently working on the completion of her Bachelor of Psychology. Belinda has held leadership roles in Banking, Finance, and Insurance for the past 20 years and is no stranger to the challenges and opportunities facing young leaders and entrepreneurs, particularly women in business. She commenced her career in finance at the age of 18 and has been fortunate enough to work with some amazing and inspiring leaders that have helped to support, encourage, and solidify her capabilities and skill sets in financial management and people leadership. She is active in her community, supporting not for profits and charity causes and sits on the Port Macquarie Hastings Council subcommittee of the Port Macquarie Hastings Sporting Fund, which supports young, local sportspeople in achieving their full potential through community and financial support to participate at regional, state, and international levels of competition.



MASTERCLASS

BACKSTAGE PASS

A backstage learning workshop of sound, lighting and staging for live production events. A full insight view of how the technical requirements are performed for the Luminosity Youth Summit. You will learn the basics of the technical services for live events and experience by the IES team. So that you might consider a career in the live performing arts industry.

SEAN O'BRIEN

CEO/DIRECTOR, EVENT PRODUCTION SPECIALIST

Sean has over 35 years in the entertainment industry. Sean has worked in 39 different countries, delivering lighting and technical design for National and International live performances, Major artists include; (Diana Ross, Leo Sayer, Margret Ulrich and many more).

Major events include: (Lighting of Giza Pyramids, Venetian Casino Macau, Doha Games, Rosemount Fashion Week, China Fashion, Bangarra Dance Co, Slava Snow Show, We Will Rock You Aust) and many other performances. Sean has been a resident in Port Macquarie for over 15 years and has worked on most major events in the local area.

WARREN BROWN

SOUND/EVENT PRODUCTION SPECIALIST



MASTERCLASS

THINK BIG, START SMALL

– THE ULTIMATE SPEED PUZZLE CHALLENGE TO CREATE A BETTER FUTURE

Your mission is to work in teams to master the “secret sauce” and skills used by entrepreneurs all over the world to create new ideas, successful businesses and solve real world or industry problems.

In this fun, noisy and fiercely competitive challenge you will learn how to use a powerful combination of current tech, scientific and entrepreneurial thinking teamed with the adaption of the learning methods of the Samurai – Improvement Kata.

Together you will race against the clock to solve puzzles and provide answers to a current real world challenge.

ANDREW ROHDE

EXECUTIVE GENERAL MANAGER AXIOM CONNECTED TECHNOLOGY AUSTRALIA
WITH ALIX BLAKELEY - ORGANISATIONAL DEVELOPMENT ADVISOR MNCLHD

Andrew is the Executive General Manager for Axiom Connected Technology Australia. Axiom Connected is a USA headquartered company with a global footprint that has successfully disrupted warranty administration and customer engagement in the automotive industry with several award-winning products. As the Australian GM, Andrew is charged with expanding Axiom Connected capabilities in areas of contract automation, customer engagement, and industry 4.0 connectivity across Asia Pacific.

Andrew has a diverse set of skills and experience working across product development from technical research through to Portfolio Management. Before joining Axiom Connected, Andrew led internal start-up ventures in India and Thailand for an Australian manufacturer of advanced computer-controlled machines, where he successfully recruited, trained, and deployed more than 40 Engineers, before leading all Product Development activities; a role that oversaw more than 100 Engineers across 3 countries. He is also an accomplished software developer in areas of automation, 3D geometry, and inverse mechanics, which are areas of interest that he has developed across career episodes in aerospace, Earth sciences, advanced manufacturing, industry 4.0 device connectivity, and data analytics.

Andrew holds four university degrees from Bachelor level through to Ph.D and is leading the establishment of Axiom Connected in Australia from its office at Charles Sturt's Port Macquarie campus and in partnership with the university, creating opportunities for extra-curricular development for IT and Business students. He is a member of the Course Advisory Team for undergraduate and postgraduate IT courses at Charles Sturt and delivering on the vision of placements, internships and collaborative research projects and industry /community events with Charles Sturt.





MASTERCLASS

BOXING FOR PHYSICAL STRENGTH & EMOTIONAL FITNESS

Rasa and the Port Boxing Gym Crew will give participants the opportunity to learn boxing skills and fitness for life.

RASA KABAILA

NURSE PRACTITIONER, BOXER/COACH & AUTHOR

WITH THE PORT MACQUARIE BOXING GYM CREW

Rasa Kabaila is a Nurse Practitioner and Credentialed Mental Health Nurse through the Australian College of Mental Health Nurses. Rasa is also a Conjoint Lecturer at UNSW and is an accredited Dialectical Behavioural Therapist. From 2011–2020, she worked as a registered nurse in leadership roles while completing a Bachelor of Nursing degree, a Graduate Certificate in Palliative Care, a Master of Mental Health Nursing degree, and a Masters of Nurse Practitioner degree.

In 2022 Rasa began a new chapter in her career, starting her own practice as a Nurse Practitioner specialising in mental health.

Rasa's first book: 'Put some Concrete in your Breakfast: Tales from Contemporary Nursing' was published by the international publisher, Springer Nature in 2023.

Rasa is both a competitive boxer and boxing coach with Port Macquarie Boxing gym. The Port Macquarie Boxing Gym has run as a not for profit gym for over 20 years and enables young people to achieve their goals, whether that is to go to compete in the Olympics, become a professional or amateur boxer or more simply (and importantly) to get fit, be involved in a safe and supportive community and to build more emotional resilience. In this session, Rasa and the coaches at Port Macquarie Boxing Gym will talk about the benefits of boxing for both physical and emotional strength, and will be followed by a boxing skills workshop (no contact).



MASTERCLASS

TALKING IS OVERRATED

Unleash your Inner magician in this masterclass, tailor-made for introverts and those with a shy disposition. Discover the power of close-up magic and sleight of hand to captivate an audience, break the ice in social situations or distract people away from asking awkward questions.

LIAM4MAGIC

Liam4Magic has been practicing close up magic professionally in restaurants, on stage and at all kinds of events since 2019. A master of sleight of hand, Liam4Magic can make apprehension of social situations disappear.



MASTERCLASS

HOW TO SELL YOURSELF WITH SOCIAL MEDIA

Whether you want to secure your dream job, build your own business, or start a movement, this workshop will give you practical digital storytelling skills and strategies to attract and influence the right people to support your goals and fast track your success.

Workshop format:

20 minutes, hands on strategy to shooting great talking head videos with b-roll

15 minutes to teach you how to take killer photos that will make you stand out

10 minutes content idea brainstorming session to make your social media laughably easy

10 minutes on how to curate your profile to sell the story you want to tell (with examples)

5 minutes Q&A

PADDY MCCANN

Paddy McCann is a video storyteller, **TV AD PRODUCER AND CO-FOUNDER OF LearnFromPlay.au** - a teaching resource platform with over 12000 members. Paddy holds a communications degree and formal qualifications in Film and Television and loves sharing simple strategies to create great content with the TV camera in your pocket.



MASTERCLASS

LEADERSHIP LAUNCHPAD EMPLOYMENT EXPRESS

- A GUIDE TO LEADERSHIP AND RESUMES

This workshop teaches delegates how to prepare a professional resume that reflects their skills, knowledge and education that are relevant to the job they are seeking, and how to stand out of the crowd!

- What information to include in your resume
- How to clearly and concisely present your skills and ability
- How to showcase your leadership qualities and gain these skills
- Styles of resumes
- Common rules and common mistakes made in a resume

KIERYN OLD

BUSINESS MANAGER APM EMPLOYMENT SERVICES

WITH EMILY HOLLINGWORTH - STUDENT ADVISOR CHARLES STURT UNIVERSITY

Kiernyn Old is a 4th Generation Port Macquarie local, she is the Business Manager of **ADVANCED PERSONNEL MANAGEMENT** having worked 6 years within the Employment Services sector specialising in Disability Services. Kiernyn has worked across the Mid North Coast assisting youth find their first ever job and the mature returning to the workforce. When Kiernyn isn't running around the community she can be found playing DnD, or reading a book in the park with her fur baby! Kiernyn has just joined the Luminosity Crew and has a passion for Enabling Better Lives and Creating Opportunities for the future leaders of our community.



MASTERCLASS

CARING FOR COUNTRY

The masterclass will explore conservation of Country and how STEM professions play an integral part in contemporary preservation efforts. Masterclass will provide a scenario to be solved using Indigenous and Western Methodologies of Science while also investigating how different sections of society play a role in Caring for Country.

TERESA COCHRANE

ENVIRONMENTAL SCIENTIST, HONOURS STUDENT

RESEARCHER AT CHARLES STURT UNIVERSITY

CSIRO YOUNG INDIGENOUS WOMEN'S STEM ACADEMY

WITH

**LIZZIE BRYDON CSIRO YOUNG INDIGENOUS WOMEN'S STEM ACADEMY &
CHARLES STURT ALUMNUS**

DEANNE TAYLOR CSIRO YOUNG INDIGENOUS WOMEN'S STEM ACADEMY

Teresa is a proud Dunghutti Gumbaynggirr woman with strong cultural connections to Birpai/Birripi Country and Bunjalung Country on the East Coast of Australia.

Teresa is currently studying a Doctor of Philosophy in Arts Education within the School of Indigenous Australian Studies at Charles Sturt University on the topic of 'Koala Dreaming'. Teresa's research investigates the ecological conservation of her personal totem the koala, through the investigation of Indigenous Methodologies and Western Methodologies to create a more holistic management practice.

Teresa has also recently been accepted to study a Master of Philosophy of Biodiversity, Conservation and Management at the University of Oxford in 2023. Teresa will use this time at Oxford to build her skills to further her understanding of interdisciplinary approaches to scientific research.

MASTERCLASS

RESET & REFOCUS

You will leave this practical workshop having learnt simple breathing techniques that will help you to naturally manage symptoms of stress, anxiety in any situation life throws up, that will calm your nervous system and improve your respiratory health.

This workshop is a great way to reset and refocus. We make sure everyone understands the importance of continuing self development, self love and accountability when we walk out the doors. The work on ourselves never stops. We are not what happened to us, we are who we choose to become.

Workshop will include:

- Journaling (journals included)
- Breath work

Facilitated by:

- Ben Cudmore (Self Seen)
- Athalee Brown (MadlyCalm breathing)

BEN CUDMORE

CO-FOUNDER SELF SEEN, MENTAL HEALTH ADVOCATE, CITIZEN OF THE YEAR

Ben Cudmore is a man on a mission to change the very present mental health stigma and the way community, friends, and family support each other. As men's life mentor who created a multifaceted charity "Self Seen" through a journey of self- actualised improvement.

The Port Macquarie local is a proud husband and father of three beautiful children. Ben was living the highlife, working and partying hard, and before he realised it, his life was spiralling out of control, culminating in Ben hitting rock bottom and attempting to take his own life.

Following some serious self-reflection, Ben was able to turn his life around and he is now five years drug-free. Following his suicide attempt, Ben worked to increasingly focus on self-improvement. This pathway led him to create the podcast "Happy Days", a safe space, where he could talk about what he had been through and engage mentors as guest speakers. Following the launch of the podcast, Ben co-founded local mental health support group Self Seen.

Through vulnerability, accountability, transparency, honesty, self-care, and a lot of hard work fighting the negative thoughts in his head, Ben was able to come out the other side to give hope and inspire others through his, talks and his group, Self Seen. Self Seen stands for Self, Empowered, Love, Framework -Secures Every Essential Need. Self Seen is run by volunteers and was founded in 2020, with the ambition of creating hope in our community. The Self Seen community shares a simple unifying mission: To create a non-judgmental, connected, community, empowered by building self, love, and self-worth. Self Seen encourages members to empower themselves through integrity, vulnerability, transparency, and self-love, therefore creating connection and empowering members to show up for themselves first and then for others.

ATHALEE BROWN

FUNCTIONAL BREATHING TEACHER - MADLYCALM



SELF SEEN
No One Walks Alone

madly
CALM
BREATHE LIFE INTO YOURSELF



MASTERCLASS

A DAY IN THE LIFE OF A PARAMEDIC

Being a paramedic is a challenging job, but it is also one of the most rewarding. Paramedics have the ability to save lives and make a real difference in their community. In this session, Paramedics will provide you with a tour of the simulation ambulance from Charles Sturt University. Participants may even have the opportunity to see their own heart rhythm and learn how to read and interpret an electrocardiogram (ECG). Having first aid knowledge is a must-have tool for life's unexpected challenges. You will also have the chance to practice CPR, use a defibrillator, and test your bandaging and wound-dressing skills.

Other session outline examples:

- Learn how to save a life!
- Every second counts, learn first aid.
- Simple tools, powerful results. Learn first aid!

CSU PARAMEDIC TEAM

JACOB GREVELL

ASSOCIATE LECTURER IN PARAMEDICINE AT CHARLES STURT UNIVERSITY

Jacob Grevell is a registered Paramedic with eight years of experience working in various roles and countries. He is currently an Associate Lecturer in Paramedicine with Charles Sturt University in Port Macquarie. He is also a Rescue Paramedic working in remote locations and industrial sites across Australia where access to healthcare facilities is limited. In this role, he also has experience in retrieving and treating injured patients in challenging environments, such as at heights or confined spaces. Jacob first started his Paramedic career with Queensland Ambulance Service in 2016. With an interest in gaining international Paramedic experience, he later joined South Central Ambulance Service in the United Kingdom. Whilst working there, he mentored many paramedic students and worked as a solo responder on the rapid response vehicles.

HANNAH STACK

LECTURER IN PARAMEDICINE AT CHARLES STURT UNIVERSITY

Hannah Stack is a Lecturer in the paramedicine discipline at Charles Sturt University in Port Macquarie. Hannah is currently a registered Paramedic in Australia and the United Kingdom (UK). She has a diverse range of industry experience working previously as a Paramedic in a metropolitan location in the UK and her current Paramedic role with New South Wales Ambulance on the Mid North Coast. In the UK, Hannah was a paramedic mentor for students and worked as a solo responder on the rapid response vehicles. Hannah has completed a Master of Paramedicine (critical care specialisation), and in 2023 she was awarded the Postgraduate University Medal for her academic excellence and research achievements in this course.



SAM SHERIDAN

LECTURER IN PARAMEDICINE AT CHARLES STURT UNIVERSITY

Sam started her career in 2009 when completing a Foundation Degree in Paramedic Science whilst employed and working with Yorkshire Ambulance Service. In 2011 Sam began mentoring student paramedics and later became a solo responder on a first response unit. In 2013 Sam moved to the United Arab of Emirates (UAE), working as a frontline Paramedic for the emergency police ambulance service in the culturally diverse city of Abu Dhabi. She then began as a Clinical Educator in the UAE helping to develop and train new and qualified emergency medical technicians and paramedics, before arriving at Charles Sturt University in 2016 as a Lecturer in Paramedicine. Sam has completed a Master of Enhancing Paramedic Practice and is a current PhD candidate, specialising in paramedic physical health and fitness.



DAY TWO Masterclasses



MASTERCLASS

HOOPS - BALL SKILLS & SHOOTING MASTERCLASS

The coaches will lead you through some advanced ball handling skills, shooting technique, and basketball concepts. Some students will fail at the exercises as they will be difficult, but this is the point. The boys will teach you to be persistent and learn from your mistakes and you will improve. You will be able to observe differences in your abilities from the start of the session, vs the end of the session.

ANDRÉ WOLFORD

- From Cleveland, Ohio.
- Graduated with Bachelor's Degree from Saint Francis University (PA) with Minor in Marketing
- Professional Basketball player (Albania and Ireland)
- Basketball Coach/Trainer
- Now playing 2023 season in the Waratah League with Port Macquarie Dolphins

ANDRÉ MCPHAIL

- From San Francisco, California
- Graduated with Bachelor's degree in Liberal Studies from California State University, Los Angeles
- Professional basketball player (Spain, Australia, Maldives, Uruguay)
- Grade 3 Math Teacher/paraprofessional •
- Now playing 2023 season in the Waratah League with Port Macquarie Dolphins

ROBERT LINTON

- From Coffs Harbour NSW
- Graduated Scots College (Sydney) 2008
- Graduated with Bachelor of Kinesiology Degree at University New Brunswick (CAN)
- Graduated Bachelor of Exercise Science and Human Movement with Minor in Secondary Education
- Played NBL1 for 8 Seasons in 3 different states (Victoria, South Australia, Queensland)
- Played Professional 3x3 in New Zealand, Australia, and China



MASTERCLASS

BORN A DANCER - EVERYONE'S STORY (HIP HOP WORKSHOP)

Are you a dancer? Trick question, the answer is yes. Every time. Put a baby in front of music and they'll dance. Never having learned what it looks like, they'll move to the music. Dance is innate, it's one of the most natural forms of human expression - we dance before we crawl, we dance before we talk. But somewhere along the way we develop an internal monologue that connects this expression with shame - "I can't dance". What we're really saying is "I don't think my creative expression is good enough". This workshop challenges that very notion and addresses a core wound that so many carry "am I worthy?". Again, this is a trick question. The answer is yes. Every time. In this workshop Sid the Entertainer will introduce you to the culture of hip hop and the freestyle mentality. If you can dance when you thought you couldn't, what other lie's are holding you back?

SID MATHUR

MC, DJ, DANCER, CHOREOGRAPHER & ACTOR

Sid the Entertainer is a world class vibe creator. As one of Australia's leading multi-disciplinary entertainment specialists - MC, DJ, dancer, choreographer and actor - he's appeared on stage and screen globally. Some of his escapades include dancing alongside Guy Sebastian to open for Taylor Swift, movement consulting on Hollywood blockbuster Thor: Ragnarok, playing to crowds of 90,000+ as the resident DJ for Gold Coast's largest NYE party and being invited to Buckingham Palace in London to add some hype to the Commonwealth Games Queen's Baton Relay! With a unique, infectiously joyous energy, Sid the Entertainer is more fun than a room full of bubble wrap.