



GUEST SPEAKERS

Ginny Mitchell	ACU, OEAQ & QORF
Sarnia Rose	Pure Aloha Yoga
Ellie Hargrove	Outward Bound

WORKSHOP FACILITATORS

Ginny Mitchell	Packing Your Pack
Sarnia Rose	Build- Connect- Freedom - Love
Laura Stampa Tegan Cork	Food for the Soul
Hannah Nilsson Helena Gills	Planning Your Next Adventure

Sarnia Rose

Owner of Pure Aloha Yoga + SUP



"Originally I come from a Gymnastics background, which lead me to coach competitive Gymnastics and work with young Athletes. I've since travelled to many places around the world participating in outdoor activities including hikes, trail runs, paddling, surfing, and one in particular - India where I have completed my Yoga Teacher Training and which lead to my SUP Certification right here on the Gold Coast. I do what I do as I love to encourage people to connect not only with themselves internally and externally but also with each other and with nature."

Ellie Hargrave

Program Coordinator and Instructor for World Challenge, Outward Bound Australia



"Lover of all things in the outdoors especially anything in water. Surfing, snorkelling, canyoning and white water canoeing are my favourite activities to do at work and on the weekend."

Ginny Mitchell

Lecturer of Outdoor Education, School of Exercise Science - Australian Catholic University/ President of Outdoors Educators Association of Queensland (OEAQ)/ Board Member of QORF



"I've been lucky enough to live my adult life as an outdoor leader - working locally, nationally and internationally, as well working in training and education of emerging outdoor leaders in Queensland. My objective in life is to take every opportunity to equip and empower people of all ages in the elements of my passions -health, wellness, education and enjoying the natural world. I'm passionate sharing these opportunities for life changing learning."



WORKSHOPS

Ginny Mitchell

ACU/ QORF/ OEAQ

Packing Your Pack

- Considerations around what to put in your pack and what to leave behind
- What do you take on a hike/ day paddle/ multi day trip
- Considerations for overseas packing
- Equipment selection display

Sarnia Rose

Pure Aloha Yoga + SUP

'Connect – Build – Freedom – Love'

- Connection
Short meditation (connect with mind)
Asana (connect with body)
Connect with outdoors and then paired into groups where they have an intro discussion (connect with each other) flows into
- Building
Team Building work - Fun
- Freedom
Talk about Freedom from judgement and fears - what are they scared of - what would they like to be free from - what is holding them back from getting outside?
- Love
Themselves - World around them - Gratitude Short Meditation to finish

Laura Stampa & Tegan Cork

Journey Outdoors In Nature

'Food For The Soul'

- Ideas for creating hearty, nutritious food you can look forward to eating on your adventure.
- Including tips on long-life options that are still full of life.

LAURA STAMPA

Laura has been leading outdoor adventures since she could barely walk, convincing her sister and their two Labradors to follow her down creeks, up trees, and even on kayaking adventures across the back lawn. Now, when she's not sailing the Pacific, Paddling the Amazon, Cycling around Asia or Walking across Australia; she's generally somewhere else in the Wilderness, working as an Outdoor Education Teacher,





trying to unleash the wild-children of the next generation. A Wilderness First Responder, Surf Lifesaver and State Emergency Service Volunteer, if anything unexpected is to happen on our trips, Laura will smile cheekily and quickly improvise a solution, as she has probably come across something similar before. An avid white water paddler and free diver, she is particularly passionate about finding strategies to remain calm in stressful and scary situations.

TEGAN CORK

Tegan is prime example of what JOIN is all about. Prior to meeting Laura, she had never been on a self-powered multi-day adventure. Now, 1000s of kilometres of exploration later, it's hard to keep her inside! With a background in the Food Industry, and having written her own Cookbook, Tegan is responsible for ensuring our bellies are filled with Delicious, Nutritious, and Healthy Nourishment. In addition, her recent training in Massage and Psychosomatic Therapy is crucial to ensuring our Journey nurtures your Mind, Body and Soul. Tegan loves rollerblading, white water canoeing and yoga, and is passionate about educating people about the influence their emotions have on their health and wellness.



Journey Outdoors In Nature

Journey Outdoors In Nature (JOIN) is an Australian Owned company created by two women, an Outdoor Education Teacher and a Holistic Psychosomatic Therapist. We facilitate outdoor journeys so that you, regardless of your experience level, age or background can:

- Experience the joys of Living Simply
- Reconnect with your surroundings and let Nature Nurture you
- Feel the benefits of eating Local, Sustainable, Organic foods
- Create communities of like-minded people
- Venture beyond your comfort zone
- Revitalise your Mind, Body and Soul

We love the energy and power that is hidden within the natural world and the unpredictability that comes with exploring it. It reminds us to:

- Be in the Moment
- Go with the Flow
- Be Spontaneous & Creative
- Have No Expectations
- Trust our Intuition



Hannah Nilsson & Helena Gil
Sunshine Coast Recreation Centre
'Planning Your Next Adventure'

- Setting out laminated quotes on the ground 'Before You Go', 'When You're There', 'After The Adventure'
- Participants match up appropriate cards under correct heading in order

Hannah Nilsson (top) works in outdoor recreation at the Currimundi Recreation Centre. Helena Gills (bottom) also works in outdoor recreation at the Currimundi Recreation Centre and works out at Somerset Camp where she leads hiking trips and program based outdoor learning.



"We have a love for the outdoors with both work and play. It's a passion of ours and something that we strive to do whether it's a big trip or a weekend of hiking or seeking outdoor activities. We are happy that we get to share some of our experiences so far that we have done at your event. The workshop style suits us perfectly as we are both outgoing, chatty and friendly people."



Sunshine Coast Recreation Centre

The Sunshine Coast Recreation Centre is located between Currimundi Beach and the mouth of Currimundi Lake just north of Caloundra. The Sunshine Coast Recreation Centre has recently undergone a \$7.1 million facelift, with accommodation, dining and activity facilities receiving a major overhaul.

We offer high quality accommodation, facilities, meeting spaces, instructor-led activities and delicious healthy catering which can be enjoyed in our brand new undercover outdoor eating area. Our new spaces allow your group to truly appreciate the great weather we have here on the Sunshine Coast. We promote safe and exciting participation in outdoor recreation and have all the skills to deliver the ideal experience for you and your group. An indoor rock wall and a two-story caving system, which is the first of its kind in Australia, have been added to our extensive list of activities on offer.