



EMPOWERING
YOUNG PEOPLE
 TO MEET TOMORROW'S
CHALLENGES AND
OPPORTUNITIES



WHERE ARE YOU HEADING IN **LIFE**? WHAT'S **IMPORTANT** TO YOU? WHAT WILL HELP YOU BUILD THE **STRENGTH AND RESILIENCE** TO MEET THE CHALLENGES AND OPPORTUNITIES LIFE THROWS AT YOU?

Game Changers is a series of free seminars created to provide ideas, inspiration and support for people of all ages in our community. With a focus on personal and professional growth, this is a night where you can begin to shape the future you want. Much like the popular TED talks, no presentation will run longer than 12 minutes.

THIS EVENT IS OPEN TO **EVERYONE**. TO ASSIST ORGANISERS WE ASK THAT YOU REGISTER ONLINE.

SPEAKERS

DR BRIDIE O'DONNELL

General Practitioner, former professional road cyclist and world record holder. Tour de France Commentator (SBS) and Executive Director of the Victorian Government's Public Events Team

PROFESSOR PAT MCGORRY

Australian of the Year 2010. Psychiatrist, researcher and mental health reformer. Executive Director Orygen - Australia's largest translational health & medical research institute for mental health

LUKE BALL

Former AFL Captain, All Australian, Club Best & Fairest and Premiership Player

JEMIMA MONTAG

Gold Medalist Commonwealth Games, 2020 Tokyo Olympian - 20KM walk - National record holder

DATE	Tuesday 15 March 2022								
VENUE	Malvern Town Hall, 1251 High Street Malvern, VIC 3144								
TIME	6.30pm								
COST	Gold coin donation Funds raised go to Youth Live4Life - empowering rural communities to improve youth mental health								
REGISTER	eventbrite.com.au/e/game-changers-tickets-263919208457 This event will be hosted in line with Covid event compliance requirements								
SCHEDULE	<table border="0"> <tr> <td>Arrive</td> <td>6.30pm - 7.00pm</td> </tr> <tr> <td>Presentations</td> <td>7.00pm - 8.15pm</td> </tr> <tr> <td>Questions</td> <td>8.15pm - 8.30pm</td> </tr> <tr> <td>Networking</td> <td>8.30pm - 9.00pm</td> </tr> </table>	Arrive	6.30pm - 7.00pm	Presentations	7.00pm - 8.15pm	Questions	8.15pm - 8.30pm	Networking	8.30pm - 9.00pm
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Proudly Hosted by
 Old Xaverians Football Club



Further details contact:

Paul Lefebvre
 Head of Player Wellbeing
 Mobile 0408 036 046

Fiona Jones
 Active Stonnington
 Mobile 0448 578 142

Proudly supporting mental health



SPEAKER | INFORMATION



DR. BRIDIE O'DONNELL

Bridie is a medical Doctor, Victorian public servant, former professional road cyclist, author and cycling commentator. She completed the Hawaiian IronMan World Triathlon Championships and represented Australia at three UCI Road Cycling World Championships.

A medical practitioner and surgical assistant before taking up cycling, Bridie later returned to medicine to work as a behaviour change physician and supporting breast cancer patients at the Epworth Hospital.

In 2016 Bridie broke the Women's World Hour record at the Adelaide Super-Drome, riding 46.882 kilometres. She was the inaugural Head of the Office for Women in Sport and Recreation in the Department of Jobs, Precincts and Regions, and then took on new roles in Government as part of the COVID-19 response.

Bridie was the first Australian female commentator employed by SBS for the networks coverage of the Tour de France from 2020. In November 2021 she was inducted onto the Victorian Honour Roll of Women and is the author of "Life and Death: A Cycling Memoir"

Bridie is currently on secondment to the Department of Health as Executive Director of Case, Contact and Outbreak Management for the Victorian Government COVID-19 Response.



PROFESSOR PAT MCGORRY AO

Pat is a psychiatrist, researcher and currently executive director of Orygen which is Australia's largest translational health and medical research institute for mental health research. Pat is also Professor of Youth Mental Health at the University of Melbourne.

He is known world-wide for his development and scaling up of early intervention and youth mental health services and for mental health innovation, advocacy and reform. He led the advocacy which resulted in the establishment by the Australian Government in 2005 of the National Youth Mental Health Foundation, which in 2006 became Headspace and he remains a founding board member of that organisation.

In January 2010 Professor McGorry was named Australian of the Year for his services to youth mental health and was appointed an Officer of the Order of Australia. In 2013 he was honoured with the National Alliance on Mental Illness Scientific Research Award, the first time the award has been bestowed upon a researcher outside of the United States. In 2015, he was awarded the Lieber Prize for Outstanding Achievement in Schizophrenia Research, given by the Brain & Behavior Research Foundation.

Professor McGorry has dedicated his professional life to work with others as a reformer in the mental health and social policy fields to achieve equity and a fair deal for people with mental illness within health care and society.



JEMIMA MONTAG

Jemima is an Australian racewalker and gold medalist at the 2018 Commonwealth Games. She qualified for the Tokyo 2020 Olympics and came sixth in the final of the Women's 20km walk. She has claimed three consecutive national titles for the 20km walk and recently broke the Australian national record.

Jemima balances her athletic career with her academic and community pursuits where she is currently studying medicine after completing her science degree at the University of Melbourne and is passionate about encouraging people to move, eat well and connect in her role as an IOC Young Leader and ambassador for Blueearth Foundation.



LUKE BALL

Luke is a former Australian rules football player who was awarded club captain, club best and fairest, All Australian and Premiership player in his decorated career of 223 games. Luke played for two clubs - From 2003 to 2009 he played 142 games for the St Kilda Football Club where he was captain in 2007 and best and fairest and All-Australian in 2005. He played for the Collingwood Football Club from 2010 to 2014 winning a premiership in 2010.

He is one of the only players in AFL history to have played in four consecutive grand finals for two clubs; for St Kilda in 2009 and for Collingwood in 2010, the 2010 replay and 2011. Since retiring from playing football, Luke continued his football industry association in roles with the AFL and the Essendon Football Club before his appointment at Partners Wealth Group.



"GAMECHANGERS IS A TERRIFIC INITIATIVE, helping participants learn invaluable lessons that are shared by accomplished presenters from all walks of life. It was a thoroughly enjoyable experience to share my story."

JONATHAN BROWN, one of the AFL's greatest leaders