

# Growing Good Humans



## CONVERSATIONS THAT COUNT...

*Living your best life through kindness*

Wednesday 11 May 2022  
PBC Theatre  
6:00pm for 6:30pm start  
Tickets: \$10

FREE for Students & PBC Staff

<https://www.trybooking.com/BZATF>



Join us for an evening of quality conversations and hear from our Keynote speaker Kath Koschel from The Kindness Factory. Kath is also joined by David Shillington (Ex-Australian Rugby League Player and Founder of Prime Effect), PBC Alumni Ashley Thomas (The Secret Burden) and PBC's very own Matt Ashenden for a panel discussion hosted by Shiike VanderWerff. Food and drinks are available on the night from a variety of Food Trucks.

## GUEST SPEAKERS



### **Kath Koschel - The Kindness Factory - Key Speaker**

A former elite cricketer whose life spiraled into despair and darkness without warning. She fought through the horrible ordeal however, and emerged with a renewed passion for life and a complete understanding of just how powerful kindness can be. Kath created The Kindness Factory whose mission is to make the world a kinder place. Focusing on communities and schools, along with funding valuable research and insights into kindness, collaborating with like-minded people and organisations who share their passion for kindness.



### **Ashley Thomas ~ Panelist**

Ashley is a past PBC student and a keen support in regards to mental fitness within the school, playing an active role supporting teachers and students and running workshops when needed. Ashley is a survivor of anorexia nervosa and an advocate for self-compassion and body acceptance. At 19 she uses her voice to start conversations in the community, mentor young girls and change the perception of eating disorders. After surviving Ana, Ashley helps others fight this debilitating disease and pushes for change through her family run business: The Secret Burden!



### **David Shillington - Prime Effect - Panelist**

Dave considers himself fortunate to have had a career that spanned 11 years and 215 games as a professional athlete in the NRL, including playing for the Maroons and Australia. Throughout his career he noticed the uptake of various positive psychology practices that changed players lives. Dave went on to create Prime Effect, a health and wellness website offering programs that provide coaching from some of Australia's most successful athletes in positive psychology strategies proven to boost mental health, motivation and performance.



### **Matt Ashenden ~ PBC CARE Curriculum/Teacher - Panelist**

Matt has an extensive history in teaching a wide variety of subjects both in Australia and across the world. Lucky enough to teach, work and study in an array of different schools and settings, Matt strives to create engaging and unique opportunities for young people to learn and develop. At PBC, we are using the CARE program to build strong and real relationships between students and teachers and to give learners a chance to figure out who they really are. The goal of the CARE curriculum is to open up the possibilities for every student to enable them to experience confidence, happiness, connection and belonging; helping them make sense of the world around them and their possibilities within it.