



GREASE & OIL CHANGE

A brain and body workshop for rural men and women.

THURSDAY, 18 FEBRUARY 2021

CONFERENCE PRESENTERS



PRESENTER BIOS

MARY O'BRIEN

Topic: Are You Boggled Mate?

Mary was raised on the land and is a passionate advocate for agriculture with a deep understanding of the diverse challenges faced by rural communities. Her career in the rural sector has given her a deep respect for country blokes, and more importantly, the ability to effectively communicate with them. The Are You Boggled Mate? program aims to bridge the gap and breakdown the stigma associated with seeking help while linking rural men to the professional services available. Mary's program extends a hand to farmers, shearers, truck drivers, and all rural men who might be feeling overwhelmed.

ROBYN LYNCH

Topic: Bringing The Power Of Your Health Into Your Hands

Robyn, a rural girl who grew up in Dunedoo, has a dream that all people are empowered with happiness, fulfilment and great health. As the founder of The Perfect Health Centre, she's facilitated life-changing programs, mentored and taught hundreds of clients from all over the world. Robyn has a B. Ed and studied extensively in Ayurvedic Medicine, Yoga, Meditation and breakthrough healing practices. She is an Advanced Ayurvedic Practitioner, holds a Masters' from the Chopra Centre University and is a lecturer with the International Yoga Teachers Association.

DI HEALEY

Topic: The Importance Of Child's Play For Overall Health & Wellbeing

Di has a Master of Social Work and a Bachelor of Social Science degree along with an Associate Degree in Residential Care. Di is an Accredited Mental Health Social Worker with and also an accredited Synergetic Play Therapist and member of Australian Play Therapy Association. Di works with children and young people in a range of settings across Central and Western NSW. Di has developed her skills working with children and young people using a variety of programs and interventions, undergoing further training and refining her skills in Solutions Focussed Brief Therapy, Dialectical Behaviour Therapy, Narrative Therapy, Trauma Focussed Cognitive Behaviour Therapy, Life Coaching, Synergetic Play Therapy, and more.

DIXIE CRAWFORD

Topic: Let's Talk About Race

Dixie is a Barkindji woman from Brewarrina and Broken Hill, currently calling Darug country home. She has 14-year career with NSW Public Service as a frontline worker, manager and strategic advisor in healthcare, and child safety. Dixie is the founder of Source Nation, an Aboriginal business playing a crucial role in shaping and asking questions about an equality approach to achieve equitable outcomes. She is influenced by the necessity of courageous and disruptive conversations about equity, conscious leadership, and change.

JOE WILLIAMS

Topic: Defying The Enemy Within

Joe is a proud Wiradjuri/Wolgalu, First Nations Aboriginal man born in Cowra, raised in Wagga NSW, Australia. Joe played in the National Rugby League and is also a 2x WBF World Jnr Welterweight champion and recently won the WBC Asia Continental Title. While forging a successful professional sporting career, Joe has battled the majority of his life with suicidal ideation and Bipolar Disorder. After a suicide attempt in 2012, Joe felt his purpose was to help people who struggle with mental illness. Joe's autobiography 'Defying the Enemy Within' shares not only his life's story but offer's practical tools anyone can implement into their lives to improve and maintain their emotional wellbeing.

DR MARK GRAY

Topic: A GP's Take On Seeking Help For Mental Health

Mark is presently working as the Trundle GP and farming with his family in the Trundle area. Mark graduated from Sydney University in 1984 and has worked in a number of states and settings in both hospitals and general practice. Mark also trained and worked as a GP Obstetrician for a number of years. He has many interests in farming related topics and metal engineering and has been involved in the Grease and Oil Change since its inception, providing the link for families when someone needs help and resources for how to access resources in rural Australia.

DR CLARE BRITT

Topic: The Artists' Way To Wellbeing

Clare specialises in visual arts, with a focus on art in early childhood, and creative ap-proaches to pedagogy. She is an author, teacher, researcher and consultant, and an Honorary Lecturer at Macquarie University. She is the author of Unearthing Why: Stories of Thinking and Learning with Children, co-authored with Jill MacLachlan, and Art & Wonder: Young Children and Contemporary Art, co-authored with Amanda Palmer, and her work is also published in scholarly journals and book chapters. Her current research is in collaboration with the Museum of Contemporary Art, Australia, (MCA) exploring how very young children encounter contemporary art in a gallery space, and how rich pedagogy might emerge from these encounters. Clare's teaching is embedded in rich and meaningful theory/practice connections, with workshops guided by praxis-based learning, where participants actively engage in practical experiences in visual arts.

ABOUT THE ORGANISERS: CHERIE QUADE STITT & MELISSA BROWN

Cherie and Melissa are rural women with a passion to open up conversations about mental health in the bush. Join them in this, the sixth year of this event – the first as an online forum – which is interactive, down to earth and informative. Cherie and Melissa know the benefits of open and frank discussions and for people to see first-hand how mental health affects many of our friends and family and how to feel confident in speaking about it and receiving help.

PRESENTATION SUMMARIES

JOE WILLIAMS

Topic: Defying The Enemy Within

Webinar style: Lecture style talk with Q & A

Overview: Joe feels his purpose is to help people who struggle with mental illness. He talks of dealing with adversities, struggles, resilience, addiction, connection, emotional wellbeing & healing trauma in schools, communities, correctional services, sporting clubs and workplaces.

DI HEALEY

Topic: The Importance Of Child's Play For Overall Health & Wellbeing, Both In The Family & Learning Environments Bringing The Current Research & Neuroscience Together

Webinar style: Lecture style talk with Q & A

Overview: Di's message is all about play-based therapy, which is neurodevelopmentally and attachment sensitive, targeting safety, emotional regulation, distress tolerance and trauma processing.

DR CLARE BRITT

Topic: The Artists' Way To Wellbeing

Webinar style: Lecture style talk with Q & A

Overview: Through this presentation and workshop, we will look into some of the connections between creativity, flow, play, and focus on the ways in which art can be a means towards wellbeing. In art, the 'knowing' is only possible through the 'doing', so during the workshop you will also have the chance to engage in some beautiful practical art experiences to immerse yourself firsthand in those moment of close observation, mark-making and creativity.

ROBYN LYNCH

Topic: Bringing The Power Of Your Health Into Your Hands

Webinar style: Lecture style with Q & A

Overview: Your health is a culmination of all the choices you've made until this point. At the end of this session you'll feel empowered to reclaim your health and bring the power of your health back into your hands.

DR MARK GRAY

Topic: A Rural GP's Advice On Seeking Help For Mental Health

Webinar Style: Panel Q & A

Overview: Dr Mark will take questions from the audience and speak in plain language about how to help yourself or a loved one experiencing mental illness and how to get the right help when you need it.

MARY O'BRIEN

Topic: Are You Boggled Mate?

Webinar Style: Panel Q & A

Overview: Mary has a unique insight into what makes country blokes tick and through the analogy of 'getting boggled', the program she has developed extends a hand to farmers, shearers, truck drivers, and all rural men who might be feeling boggled.

DIXIE CRAWFORD

Topic: Let's Talk About Race

Webinar style: Lecture style talk with Q & A

Overview: Dixie creates deep insights into the necessity of courageous and disruptive conversations about equity, conscious leadership within our communities, and change.

With the ongoing pandemic the 2021 Grease and Oil Change Conference is going virtual! As always this event is free and in 2021 it will be managed by our virtual event management partner Semann & Slattery. The conference will be held on February 18, 2021 with two sessions in the morning and evening.

To register for the online event, [FOLLOW THIS LINK.](#)

MORNING SESSION

TIME	SPEAKER	TOPIC
9:15am – 9:25am	Cherie Stitt & Melissa Brown (organisers)	Welcome & Introduction
9:30am – 10:10am	Joe Williams	Defying The Enemy Within
10:15am – 10:55am	Di Healey	The Importance Of Child's Play For Overall Health & Wellbeing
11:00am – 11:40am	Dr Clare Britt	The Artists' Way To Wellbeing
11:45am – 12:25pm	Robyn Lynch	Bringing The Power Of Your Health Into Your Hands
12:25pm – 1:00pm	Dr Mark Gray	A GP's Take On Seeking Help For Mental Health

EVENING SESSION

TIME	SPEAKER	TOPIC
7:00pm – 7:10pm	Cherie Stitt & Melissa Brown (organisers)	Welcome & Introduction
7:15pm – 7:55pm	Mary O'Brien	Are You Boggled Mate?
8:00pm – 8:40pm	Dixie Crawford	Let's Talk About Race
8:45pm – 9:00pm	Cherie Stitt	Wrap Up