



# YOUTH

## WELLBEING SUCCESS SUMMIT

Don't struggle through challenges alone - there are so many people and resources available for you to get a winning edge in life.



STUDENTS LISTENING TO THE KEYNOTE SPEAKER - WELLBEING SUMMIT

**620 PEOPLE INCLUDING STUDENTS AND TEACHERS FROM 19 SCHOOLS, AND 64 SERVICE PROVIDERS FROM 21 DIFFERENT ORGANISATIONS, CAME TOGETHER FOR A FUN DAY FILLED WITH ENRICHING MASTERCLASSES, IMMERSIVE WORKSHOPS, AND DYNAMIC INTERACTIVE SESSIONS.**



**Watch the 2023 Wellbeing Summit video and stay up-to-date: [swcevents.com.au/](https://swcevents.com.au/)!**

The 2023 Youth Wellbeing Success Summit (YWSS) was a day dedicated to promoting youth wellbeing and success. The event connected school communities with local service providers, and fostered an environment of engagement for the service providers to share knowledge with the students.

The YWSS featured a diverse range of activities designed to inspire and educate students. The Speed Wellbeing Networking session saw students rotating to multiple service provider stalls to ask questions and engage with experienced service providers. The interactive format of this session allows for a deeper connection between students and service providers, enabling the sharing of knowledge, resources, and valuable insights.

The YWSS hosted multiple guest speakers. Jonny Shannon, an inspiring keynote speaker, addressed the audience on critical topics such as mental health, bullying, and resilience. His powerful words left a positive impression on our youth, encouraging them to face life's challenges with strength and determination. Gianna Lucas, shared her wisdom and insights, leaving students feeling inspired and motivated to pursue their dreams. Melissa Malu told the story of perception and belonging, inspiring the students to look beyond what their current circumstances allow them to see.

Students also received a showbag filled with an array of resources and free access to e-learning platforms, TheCareersDepartment.com and Happow.com. The showbag included a YWSS resource booklet, which serves as a valuable reference guide for students to further explore the topics discussed at the summit. The e-learning platforms will provide students with the opportunity to explore various careers and acquire essential life skills, setting them on the path to a successful future.

SWC also contributed to the ACYP's consultation process by providing ACYP with 2 free exhibitor stalls and direct access to over 1,000 students at both the VET and Wellbeing Summits.

### THANK YOU TO THE WELLBEING SUMMIT SERVICE PROVIDERS







## KEYNOTE SPEAKERS

Key insights from wellbeing & success motivational speakers:

## OVERVIEW OF DAY\*

\*Round robin sessions where students rotated to each session:



Melissa Malu | Australian Museum

Jonny Shannon

Gianna Lucas | Happow



## INTERACTIVE WELLBEING SUCCESS WORKSHOPS\*

Improving wellbeing outcomes in:



Personal Development

Relationships

Career

Recreation

Education

Health

Finance

Mindset

Friends

Family

Salvation Army - YouthLink - Interactive session for alcohol prevention awareness



## SPEED WELLBEING NETWORKING

Students rotated to various Service Providers to engage in meaningful conversation to improve wellbeing outcomes and awareness for their community



headspace - Speed Networking Session



# 98.7%

were inspired by the presenters and workshop facilitators to take positive action towards improving their own mental health and wellbeing



# 97.5%

created strategies, mental health and wellbeing action plans at the summit to complement their existing policies



# 84.3%

learnt something new about mental health and wellbeing at the summit



# 98.2%

agreed that mental health is important and it needs to be talked about more

The connections and knowledge acquired at YWSS are invaluable for shaping a brighter community future. SWC aims to secure ongoing support and funding for expanded reach, enhancing our community and nurturing the wellbeing and success of our young leaders.

“ The Wellbeing Summit gave me a chance to learn from others and to build a support network for my future.  
**Nicolas | Student: Patrician Brothers College**

During the Speed Networking my peers and I were able to learn about so many resources and gain knowledge about services and how to access them.

**Sebastian | Student: Bonnyrigg High School**

Since attending the Summit I have planned to be more involved in community activities.

**Samet | Student: Sefton High School**

The Wellbeing Summit has been beneficial in providing well-being resources for many school communities as they provide many opportunities to students who express interest in the strategies of mental or physical health.

**Wilson | Student: Lurnea High School**

We were impressed with the youth engagement, giving the service providers a valuable opportunity to establish connections with a broader and more diverse demographic of young individuals.

**Sabrina | Service Provider: Youth Off The Streets**

The networking opportunities were really valuable, the session facilitated meaningful connections that will support the young people in reaching their goals effectively.

**Angela | Teacher: Fairfield High School**

The Wellbeing Summit not only increased their knowledge about available resources but also empowered them with the information and tools necessary to make informed decisions and seek assistance when needed.

**Navdeep | Teacher: Merrylands High School**”