

\$25.00 Per Person

Chicken & Champagne Working Breakfast

Relevant topics for progressive rural women

Network with exceptional speakers

On-line women's network forum applications available

Trade Displays and Empowerment Books for sale

Discount available for early bird bookings by 26th February, 2010

- WIN Grazing for Profit course
- Valued at \$2500. Donated by RCS.
- WIN Google Earth Mapping Course
- Donated by PRW Agri-business.
- Lucky Door Prizes.
- Audience Participation Prizes.
- Raffles.

These Days have been Sponsored by:-

All Roads Automotive & Mechanical,
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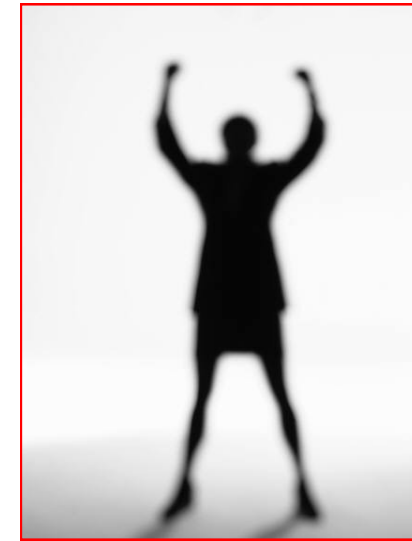
Australian Government
Department of Agriculture,
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Desert Uplands Committee

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Profitable Productivity

Improve Yourself,

Improve Your Business.

- Listen to Successful Business Women.
- Hear Rural Enterprise Stories.
- Goal & Goal Setting .
- Strategies for accepting change and how to deal with change.
- Trade Displays
- Scrumptious Breakfast and Picnic Lunch.
- Health Issues for rural women.

EMPOWERING WOMEN FORUM



Empowering Women Forum

Speaker Profile



Margaret Bridgeford
CEO
RESOURCE CONSULTING
SERVICES

Margaret Bridgeford took up her position as CEO for RCS in July 2004. She came with an already established profile and experience which compliments the RCS position in the market place with a blend of business, agriculture and education. Margaret's previous industry position was Chairman of the Qld FarmBis State Planning Group as producer representative. Margaret has formal training in both psychology and business.



Simone & Meagan Lawrie
WESTWOOD QLD

The Lawrie's are a well known multi-generational family in the district who were looking to find away they could develop a viable future for their families on the land.

While people close their eyes to the world around them. The Lawrie family, Andrew and Meagan "Moora Plains" Gogango and Peter and Simone "Esher" Westwood near Rockhampton have set a benchmark for the industry to now match or better.



Robyn Adams
DESERT UPLANDS COMMITTEE
CHAIRPERSON & GRAZIER

Robyn is a born and bred western QLD girl who set her sights on conquering the elite rag-trade in Melbourne and abroad. Working in the Film and Theatre industry as a costume designer in Australia and England, she is renowned for her alternative ideas and flamboyance. Robyn returned to her first love...the CQ bush, and is now running her own successful 30 000acre cattle property and heavily involved in the arts and progress of the Desert Uplands Bio-region. Her personal journey with Breast Cancer is an inspiration to us all.

Program

- 8.15am** Chicken and Champagne Networking Breakfast
- 9.00am** Introduction & Welcome to Country
- 9.30am**
 - Session 1**
 - 1.1 Making Successful Businesses **Margaret Bridgeford**
 - 1.2 Goals & Goal Setting **Robyn Pulman**
 - 1.3 Health, Your Mind & Body **Linda McDouall**
- 11.30am** Picnic Style Lunch
Trade Displays
Creative Ideas into Reality
Artesian Country DVD
- 1.00pm**
 - Session 2**
 - 2.1 The Family Enterprise & Making It Work **Simone & Meagan Lawrie**
 - 2.1 Change & Acceptance **Margaret Bridgeford**
 - 2.2 Living Through Cancer **Robyn Adams**
- 3.00pm** Close of Forum
- 3.30pm** Individual & Group Coaching **Robyn Pulman**

VENUE:: 9th March Barcaldine Shire Hall
10th March Pentland Memorial Hall

TIME: 8:15am to 3pm

CONTACT: Desert Uplands Committee Office
(07) 4651 1002
info@desertuplands.org.au

Child minding available upon request



Linda McDouall
AUSTRALIAN TOASTMARSTER
& PSYCOLOGIST

Linda has spent forty years working as a psychologist in clinical practice & research. The last twenty years have been as a psychologist working in rural Australia. Her clients, facing a wide variety of issues, cover all age ranges.

Linda is passionate about rural mental health & believes that with some simple strategies, anyone can make a difference to their own mental health & that of their family & friends.

She will cover areas such as managing stress, depression & anxiety/panic attacks which are the most common presenting problems as well as providing practical ideas to improve people's mental health.



Robyn Pulman
GOALS & GOAL SETTING

Robyn has extensive experience in national and international management and marketing and has invested the past ten years in studying and researching the power of habits in our lives and how to change them. Robyn expertly combines her high-level corporate experience with that of small family business in her presentations. Her style is upbeat and fun and valuable lessons are learned through stories, parables, interaction and activities.

