



**AUSTRALIAN REGION
ANNUAL CONFERENCE**

and
Annual General Meeting
ITC Australian Region Inc
(Incorporated in New South Wales) ARBN 055071344



Friday 18th – Sunday 20th May 2012

Bayview on the Park
52 Queens Road
Melbourne



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Australian Region Conference
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CONFERENCE PACK

This pack contains:



Your **Invitation to Conference** from the Australian Region President, Marie Cooke

Conference Program (subject to change)

Session and Presenter Information

Travel Options to Bayview on the Park (Airport Shuttle Buses and Car Parking details)

Plus, in separate files:



Registration Form for you and to share with your family, friends and past members

Page 1 Conference Registration

Page 2 Assignments at Conference, Accreditation and Session Selection

a) **PREFERRED OPTION:** Complete the details in the Word file, then send via email, with notification of payment, to arconference2012@gmail.com

or

b) Complete the details in the Word file and print; *or* print the file and complete details by hand; and mail, with payment, to:

Conference Treasurer, Lorna Shaw

243 Belgrave-Gembrook Road, Clematis 3782

Tel. (H) 03 5968 6558 (W) 03 9905 1673 (M) 0408 50 66 22



Accommodation Reservation – Block Booking No. 1053205

a) Complete the details in the Word file, then send via email, direct to Bayview on the Park bayviewonthepark@bayviewhotels.com

or

b) Complete the details in the Word file and print; *or* print the file and complete details by hand, and mail or send via fax to:

Bayview on the Park

Reservations

52 Queens Road, Melbourne 3004

Tel. 03 9243 9999 Fax. 03 9243 9800

**As an incentive to register early, all registrations received and paid
prior to 20th April will go into a draw for a FULL REFUND**

Conference Coordinators
Kim Shields and Darryl Shields

kim.shields@bigpond.com

Tel. 9589 6200 (M) 0419 581 541

Program & Education Chairman

Pat Cartwright

pat.cartwright@optusnet.com.au

Tel. 03 9432 8051



International Training in Communication
Australian Region Incorporated
(Incorporated in New South Wales)
ARBN 055071344

2nd February 2012

Invitation to Conference

Cead Mile' a' Failte – A Hundred Thousand Welcomes.

The Board of the Australian Region Invites you to the Australian Region Conference at BAYVIEW ON THE PARK in MELBOURNE from 18-20 May 2012.

The Theme for the Term is “**Accentuate the Positive**” and the many members involved in organising this Conference have demonstrated what “Accentuating the Positive” can mean when working in a Team.

Over the weekend you will have the opportunity to participate in many and varied Workshops and gain knowledge and inspiration from the many experienced members and guest presenters delivering Workshops and Plenary Sessions.

The Business Session will give you insight into how the organisation functions and grows. **You** are essential in growing this organisation. Your Delegates have the power to determine how we will progress into the future. Give them directions on how to vote.

If our Region is to grow and prosper we need **You** to attend the Australian Region Conference. **You** are the organisation. Without the members we cannot survive.

Opening the Conference will be the well-known Radio and Television Personality, Dr Sally Cockburn (Dr Feelgood) who is sure to wow you with her Personality and Positive Attitude.

Our Speaker on Sunday, Andrew Jobling, will leave you with laughter and many wonderful memories of the Conference of Australian Region for 2012.

Plan to be there and don't rely on the “You should have's” of members who were.

Slainte'

Marie

Marie Cooke
Australian Region President
2011-2012



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Australian Region Conference

Friday 18th – Sunday 20th May 2012

Bayview on the Park

52 Queens Road, Melbourne

PROGRAM

Friday 18th May	From 11:00am	Registrations	
	1:00pm	Official Opening Plenary Speaker, Dr Sally Cockburn (Dr Feelgood)	
	3:00pm	Afternoon Tea	
	3.30-5:00pm	Eisteddfod – Councils' Speech and Drama "Competition"	
	6.00-9:00pm	Overture Dinner (Informal) Conference Showcase and Entertainment by <i>Harmonix</i>	
Saturday 19th May	From 7:15am	Breakfast in <i>Sails Brasserie</i> (own cost)	
	8:00am	Registrations and Delegates' Credentials and Early Tea or Coffee	
	8:15am	Delegates' Briefing	
	9:00am	Business Session	
	10.35am	Morning Tea	
	11:10am	1A Singing for Non-Singers Laura Ross Head of Choral Music, Ivanhoe Girls' Grammar School	1B Writers' Forum Jo Bailey, Joy Skellern, Mary Wong
	12.45pm	Treble Clef Luncheon honouring Council Presidents	
	1:45pm	2A Let Me Be the Judge of That! Margaret Sutherland <i>Part 1</i>	2B Directors Margaret Grand
	3:20pm	Afternoon Tea	
	3:55pm	3A No Need to Reinvent the Wheel Jan Patterson	3B Secrets of the Poets Ann Sadedin
	4:55pm	Recuperation	
	5:45pm	Registrations and Speech Contest Briefings	
	6:15-10:00pm	Grand Symphony Awards Dinner with Speech Contest	
Sunday 20th May	From 7:15am	Breakfast in <i>Sails Brasserie</i> (own cost)	
	8:00am	Let Me Be the Judge of That! Part 2 (by invitation only)	
		Registrations and Early Tea or Coffee	
	9:00am	4A The Mandala Experience Joellen Lily Circular Sounds	4B Personal Positives: Discover > Discuss > Decide Belinda Willoughby and A Marathon Effort Kim Shields
	10:35am	Morning Tea	
	11.20am	5A Positive Style Wendy Alexander Colour Swatch Company	5B Training Power Pack There is no "I" in Team ITC Visitor, Margaret Sutherland Fellow of ITC
	1:00pm	High Note Luncheon honouring Officers, with Installation and Guest Speaker, Andrew Jobling, Dance Until it Rains Close of Conference	
3:30-4:00pm	Afternoon Tea		



SESSIONS AND PRESENTERS

Friday 18th May 2012

1:00pm Official Opening and Plenary Speaker, Dr Sally Cockburn

Accentuate the Positive

Sally is a graduate of Monash University Medical School and has many years clinical experience as a medical practitioner. Sally, better known as **Dr Feelgood**, is a well-known television and radio personality and Australia's leading health communicator. She is a successful doctor, author and teacher of communication within the medical profession. Sally works to improve communication on both ends of the stethoscope!

Sally will share with us how she *Accentuates the Positive* in her work and speaking engagements.

3:30pm Eisteddfod – Councils' Speech and Drama "Competition"

Buckle up, we may be in for a bumpy ride! Under the guidance of the Program Committee members there will be a group entrant from each council in the "Competition". Anything goes, provided it comes into the category of Speech and/or Drama. Props and costumes have been encouraged. The audience will provide not-so-serious "evaluations and judging" and prizes will be awarded for the overall "winner" and for individuals within the performances.

6:00pm Entertainment at the *Overture Dinner* is by *Harmonix*

A fun performance by this Barber Shop-style group will set everyone at ease during this informal dinner.

Saturday 19th May 2012

11:10am - 12.40pm

1A *Singing for Non-Singers*

Laura Ross L.T.C.L.; C.M.T; Dip Music Ed (Scotland)

Ever wanted to sing but too scared to try? Now's your chance. Safety in numbers makes this session fun, practical and entertaining. Laura will guide you through warm ups, games and singing in a way which will help you discover a voice you didn't know you had. Everyone can sing and you'll be surprised and delighted by your own ability.

Laura has taught music for 30 years in schools in Scotland and Australia. She is currently Head of Choral Music at Ivanhoe Girls' Grammar School in Melbourne and she conducts and directs four Secondary school choirs and one community choir. She believes that music should be fun and for everyone.

1B *Writers' Forum*

Jo Bailey, Joy Skellern, Mary Wong

Our award winning writers will lead a discussion on how they tackle writing and give you encouragement to submit entries in the Writing Contest. Each panellist will cover a different aspect of writing, with the others adding their own experience; then it's over to the audience for questions and discussion.

Aspects covered will be
Gathering and selecting ideas;
Starting the writing process (including characters and plot);
Editing and finalising for entry into the Writing Contest.

Mary (Brisbane Central), **Jo** (Shoalhaven) and **Joy** (Diamond Valley) have consistently attained Region and/or International acclaim for their writing.

1:45pm - 3:15pm

2A *Let Me Be the Judge of That! Part 1* **Margaret Sutherland**

Have you ever sat in the audience of a speech contest and at the conclusion of the contest asked yourself "what were the judges thinking, how on earth did they come up with that result"? To prepare you for judging, especially at club contests, we will take a working look at the Speech Contest Judging Sheet and how and why the individual components are marked. You will judge two speeches, then discuss (and debate?) your judging. Ideally you will follow up by being *private* judges at the speech contest.

Part 2 is in the Boardroom (optional and by invitation only) on **Sunday (8:00-8:45am)** to discuss your judging, along with members being considered as Accredited Speech Contest Judges.

Margaret, from Hobart *POWERtalkers*, is a *POWERtalk* International Certified Speech Contest Judge and represented Australian Region in the 2003 contest at the International Convention in Durban, South Africa.

2B *Directors* **Margaret Grand**

Learn how to put more into and broaden your presentation style using body language, movement and speech. You'll not only be put through your paces with over-exaggerated directions (all designed to make you feel comfortable and at ease), but **YOU** will have the opportunity to direct others. This is a "do what I'm doing" session and Margaret has thought up some fiendish exercises. By the end of this session you will be ready, willing and able to enhance your presentation style.

**Please bring a short speech or part of a speech
you have done so we can work on its presentation.**

Margaret, from Blacktown City, is a singer, a Tai Chi expert, an accomplished speaker and an actor. All these skills may be used during this session. She has been in several musical productions and won a number of singing competitions. Margaret has also represented Australia at the International Speech Contest and has served *twice* as president of Australian Region.

3:55pm - 4:55pm

3A No Need to Reinvent the Wheel
Jan Patterson

Sitting right under our noses are the very building blocks for brilliant presentations in *POWERtalk*. You can stop the hard slog of “reinventing the wheel” and simply adapt or extend the excellent educational resources on the *POWERtalk* website. Jan will illustrate how easy it is to do this in a practical way and to inspire you towards your next presentation.

Jan, from Armidale, has been in *POWERtalk* for 35 years. She has a background in speech and drama, dance, English and Physiology. She is passionate about oral communication which fully involves the audience and she gained 3rd place in the International Speech Contest in 2009. She coordinates Speech and Drama at PLC Armidale and the Armidale Eisteddfod.

3B Secrets of the Poets
Dr Ann Sadedin

There *is* no secret in poetry, really. Ann will help us understand prosody (the rhythm, stress and intonation of speech), metre (beat), alliteration and metaphor and those pesky iambic pentameters and tetrameters. We’ll have a romp through practice in using these elements to create and especially to *read* poetry.

Ann, from Diamond Valley, is a *POWERtalk* International winner in the Poetry Competition (2nd place 2010-11 and 1st place 2009-10). Ann is a Medievalist (she can speak in Old English) and is an AVID reader of poetry, especially from the medieval period.

Sunday 20th May 2012

8:00am - 8.45am

***Let Me Be the Judge of That!* Part 2 (by invitation only)**

Margaret Sutherland

An **optional extra** for those who attended *Let Me Be the Judge of That, Part 1* and undertook *private* judging at the speech contest. Also for the members being considered for Accredited Speech Contest Judges.

9:00am - 10.30am

4A The Mandala Experience
Joellen Lily

Through the creation of an individual mandala (an artwork made up of symbols in the form of shape, pattern and colour placed within a circle), you will be introduced to a method for using this fascinating art form as a medium for communication with your inner voice. No drawing skill is required.

**Please bring a drawing compass, ruler,
2 x 2B lead pencils and an eraser.**

A former president of Australian Flinders Region, **Joellen** is a mandala artist who, apart from creating her own art works, offers workshops in this ancient art form (www.mandalalily.com). She is co-founder of **Circular Sounds**, a self-exploration process of creative activities that focuses on drawing out personal answers and solutions to current issues and challenges (www.circularsounds.org).

4B Personal Positives:

Discover > Discuss > Decide with **Belinda Willoughby**

Are there things you would like to ask about organ & tissue donation but too afraid to ask? This is your opportunity. **Belinda**, from Diamond Valley, has fought health issues since the age of 8 and so far has won the battle. Her life has been both traumatic and terrific, so come on a journey with her (including to the World Transplant Games in 2007 where she won Gold & Bronze Medals in Petanque) and discover how hope, opportunity and success can come from adversity. Learn how **your** decision can change lives.

and

A Marathon Effort with **Kim Shields**

Kim, from Luv-It Public Speaking Club, is a marathon runner. She wasn’t always. She will share with you her experiences of overcoming self-doubt, goal setting, self-motivation, encouragement and sheer hard work to go from couch potato to, nine years later, completing a half marathon at the age of 51.

11.20am - 12:50pm

5A Positive Style
Wendy Alexander

There is more to presentations than the spoken word. By learning about and following some simple guidelines on your vertical body proportions, colour and style, you will present a more positive **You** and be able to **Accentuate Your Assets!**

Wendy is Australia’s colour guru and is the creator of the 14 Group Colour System. Through her Australian Colour Swatch Company (www.colourswatch.com.au), she supplies colour swatches and many other image and colour coding products.

5B Training Power Pack
There is no “I” in Team
ITC Visitor, Margaret Sutherland
Fellow of ITC, Imm. Past International President

This session aims to promote a better understanding of the whole concept of “Teams” within our organization. We will examine how to be a team member, a team leader and how to build a successful Team. Training Power Pack is prepared by the International President Elect and is presented by the Official Visitor at all the Region Conferences so that all members around the world have the opportunity to attend the same training.

Luncheon Guest Speaker, Andrew Jobling
Dance Until it Rains

Andrew is the author of the bestselling ‘*Eat Chocolate, Drink Alcohol and be Lean & Healthy*’, ‘*Simply Strength*’ and ‘*Dance Until It Rains*’. He played senior AFL football for the St Kilda Football Club, but says to not hold that against him! In this engaging and inspiring presentation Andrew will share his secrets to help **anyone**, irrespective of their circumstances, create long-term positive change. He will draw on the lessons and inspiration of his mother. Learn how ordinary people can achieve extraordinary things by committing to a few simple steps and understanding the concept of how to **Dance Until it Rains**.



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 52 Queens Road, Melbourne
 Melway Ref. 2L A9

TRAVEL OPTIONS TO BAYVIEW ON THE PARK

Coming by car? Parking at the hotel is complimentary for in-house guests and \$10 per day for casual visitors, with complimentary parking after 3pm and on weekends, on an availability basis.

Coming by tram? Routes 3, 5, 6, 64, 67 and 72 – Stop 25, Cnr Commercial Road – continue walking on St Kilda Rd, turn right into Roy Street then left into Queens Lane

Coming from the airport?

Option 1 Shared taxi or Maxi Taxi is cost-effective – numerous companies take on-line bookings.

Option 2 The Frankston & Peninsula Airport Shuttle
 (which must be pre-booked on www.fapas.com.au or 03 9783 1199)

The nearest service to *our* hotel is to/from **Parkview Hotel**, 562 St Kilda Road/Cnr Roy St (Melway Ref. 2L B9).

The drop-off point is Cnr Roy Street & Queens Lane (then less than 200m walk around to Bayview on the Park).
 The pick-up point is in Roy Street, opposite Parkview Hotel.

Fares: One way fare – Adult \$19
 Return fare – Adult \$34
 Discounts for small groups



Weekday Timetable from Airport			Weekend Timetable to Airport		
Service	Pickup Airport	Arrive Parkview	Service	Pickup Parkview	Arrive Airport
211	8:00am	8:50am	There are earlier services, but the ONLY service following end of Conference:		
213	9:30am	10:00am	336	5:25pm	6:00pm
221	10:30am	11:00am			
and thereafter departing 11:30am, 12:30pm, 01:15pm, 01:55pm, 2:55pm, 3:55pm, 5:15pm, and 6:45pm					

Option 3 Jetbus Airport Shuttle

Details and bookings on www.jetbus.com.au/melbourne or 13 55 55 (incurs a \$2.50 surcharge)

Fares: One way fare – Adult \$15 Return fare – Adult \$24

This service goes to/from Bayview on the Park at times as booked, between 6:00am and midnight.

