

Girls Rock Workshop Info

Girls Rock 2019 was packed with workshops geared towards helping Girl Guide volunteers to empower girls. The workshops were all presented by experts, who shared new ideas and tools for volunteers to take back to their Guide Unit.

We've put together this handy resource for people who are curious to learn more about the workshop presenters and the ideas discussed in the workshops.

Talking it up! What Is This Thing Called Guiding?

Workshop presenter: Mel Reoch

Mel is the Community Development Officer at Girl Guides Victoria. For the past 3.5 years, she has worked with diverse communities developing Girl Guide programs in a range of settings to reach new members, such as the Guides in Schools and community programs.

Mel was part of the team that developed the Girl-Led resource and training for Victoria, and has facilitated both at a local and international level. It is her dream to see the rich diversity of our community reflected in the membership of Girl Guides.

Further information

This workshop explored new ways to get people thinking and talking about Guiding, with a range of hands-on activities. Mel Reoch helped to develop the new resource kit: [Inspiring the Girl-Led Experience](#).

The Power of Mindfulness

Workshop presenter: Anne Hubbard

Anne is an emotional intelligence coach who provides training and resources to help adults and children with core issues including assertiveness, procrastination, and self-esteem.

Anne is a qualified coach with Beyond Success, with a background in operations management in the corporate sector. She facilitates the *Tuning in to kids* and *Tuning in to teens* parenting programs, and has facilitated the LIVE ONLINE programs.

Further information

This workshop delved into mindfulness, and the way its principles could be applied to Guiding experiences. For more information about Anne Hubbard's programs and resources, [go to her website](#).

Engaging CALD Communities in Guiding

Workshop presenter: Sally Brooks

Sally works in project coordination at the Migrant Information Centre. She has experience in community development and social work. Sally has also applied her skills to volunteer management, youth work, and humanitarian services.

Further information

This workshop explored new ways to help Culturally and Linguistically Diverse (CALD) communities to engage with Girl Guides. Learn more by visiting the [Migrant Information Centre](#).

Why won't they do as they're told?

Workshop presenter 1: Michele Sampson

Michele is a Berry Street Education Model team leader at the Berry Street Institute. Her skills in instructional design has been built over 30 years working in schools, both as a classroom teacher and in positions of leadership. She brings extensive experience working with leadership teams.

Workshop presenter 2: Orville Gardener

Orville is the Business Development Consultant for the Berry Street Education Model at the Berry Street Childhood Institute. He has over a decade of experience as a senior education leader in the United Kingdom. As an Assistant Principal and Vice Principal, he has initiated and developed a range of support strategies to enable student success.

Further information

This workshop offered tips for supporting and engaging with girls with a variety of personal experiences and challenges. To learn more, visit [Berry Street](#).

The 2 R's of Volunteering – Recruitment and Retention

Workshop presenter: Hazel Maynard

Hazel has held roles on the board of Volunteering Victoria and is a recipient of the Volunteering Victoria Lifetime Achievement Award. She has spent over 25 years contributing to the volunteer sector, and has worked with organisations such as the Australian Red Cross, the Cancer Council, and St Vincent de Paul.

Further information

This workshop examined ways to build a volunteer base and the benefits of volunteering. Learn more by visiting [Volunteering Victoria](#).

Creating Curiosity: An Introduction to STEM

Workshop presenters 1 and 2: Nerida and Rebekah Thurbon

Nerida is a qualified microbiologist. She works as a university demonstrator/tutor in microbiology at RMIT University. She also works in quality control for a company that tests microbiological media supplies. A Unit Leader since 2004, Nerida runs STEM activities in her Region and is part of the State STEM Project.

Rebekah is Nerida's daughter and is also passionate about STEM. She is an Olave, and a Unit Leader Not Yet Qualified.

Further information

This workshop offered new tips and tricks for getting girls engaged with STEM. GGV has an upcoming training that relates to this workshop – [Creating Curiosity: Expanding Unit Leader Know-How](#).

Youth Workshops

Workshop presenters: Em Meades

Em has been a Unit Leader since 2010, and has sat on various state teams including State Program teams and event committees.

In 2016, she was the program intern at Pax Lodge and has been involved in the WAGGGS Leadership Development Program. Em was on the writing team for the 2019 World Thinking Day Activity Pack, and has received training in both the WAGGGS Educational Model and WAGGGS Leadership Method.

Further information

For girls who were curious about [international opportunities](#), the World Guiding workshop was a chance to connect with a World Centre, chat about issues that matter, and learn how to be an agent of change in the community.

The youth leadership workshop explored the opportunities and awards available to Guides aged 13+. Girls learned how to get the most out of being a [Junior Leader](#), and learned more about the [Queen's Guide Award](#).