



TheMHS - Perth, Sept. 1 - 4 2009



THEMHS PRE-CONFERENCE CONSUMER FORUM DESCRIPTION

It's time... for coming back to No 1: Personal and Community Active Citizenship

All too regularly, due to our busy lives, our unhealthy habits and our old unhelpful patterns, we can forget that *we are responsible for change*, both personal and community change. It is up to us to take up the gauntlet to empower ourselves in the direction of our own desires and dreams.

For the most part, we really do know what helps and what hinders us along the way, but we too easily fall into the default position of waiting for others to fix things or to open doors for us.

It's time to start asking ourselves "what do I want to do about it?" and "what stops me being the driver in my own active citizenship?"

As active citizens we make choices which can have an impact on our relationships with others and their sense of inclusiveness. It is important to be aware of how our footsteps affect ourselves and others.

Join us at the TheMHS 2009 Pre-Conference Consumer Forum as we explore some of the tough questions such as:

What stops me from being an active citizen in my own life?

Does my passion and perseverance create *barriers or opportunities* for others along their journey to being an active citizen in their own lives?

What excuses (reasons) and stories (that you tell yourself) hamper you from being able to step forward?

What do I do that encourages/intimidates new consumers to take their place at the table? What table are we talking about?

How do I break through the 'glass ceiling'?

The objectives of this forum are to encourage conversation, debate, exchange of techniques and understanding of the challenges and opportunities we face on the path to wellbeing. We want to encourage active citizenship through a series of presentations and workshops.

Speakers include – Rufus May (TheMHS 2009 Keynote) and Jake Dean

Taking care of, prioritising, and accepting responsibility for ourselves, is an important step towards life balance and wellbeing – that is "self empowerment".

THEMHS PRE-CONFERENCE CONSUMER FORUM 1ST SEPTEMBER, 2009
PERTH CONVENTION CENTRE

**IT'S TIME... FOR COMING BACK TO NO 1:
PERSONAL AND COMMUNITY ACTIVE CITIZENSHIP**

PROGRAM

8:30 – 8:55	<u>Registration</u>		
9:00 – 9:15	<u>Combined 'welcome to country' for all Pre-Conference Forums/Workshops</u> (Exhibition Room)		
9:30	Consumer Forum → Room 1		
	Welcome / Introduction		
9:45-10:15	<u>Keynote 1</u> Rufus May Psychologist (Ex consumer) (25 mins & 5 mins questions)		
10.15-10.45	<u>Keynote 2</u> Shirley Deane (Jake) Psychologist (25/5)		
10:45-11:15	<u>Morning tea</u> (30 mins)		
11:15- 12:45	Room 1: Debate: "The way forward to empowerment is through Active Citizenship" (90)		
12:45-1:40	<u>Lunch Break</u>		
1:45 - 1:55	Room 1: Mindfulness exercise – Rufus May		
1:55 – 2pm	Room 1: Overview		
2pm – 3pm	<table border="1"> <tr> <td>Room 1: Workshop 1: <u>Mastering the first 5 steps toward developing my Community Active Citizenship</u></td> <td>Room 2: Workshop 2: <u>Mastering the first 5 steps toward developing my Personal Active Citizenship</u></td> </tr> </table>	Room 1: Workshop 1: <u>Mastering the first 5 steps toward developing my Community Active Citizenship</u>	Room 2: Workshop 2: <u>Mastering the first 5 steps toward developing my Personal Active Citizenship</u>
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3 - 3:30pm	Room 1: Session Title: <u>1 + 2 = 3 Going forth</u> (Come back together Share the learning and comments from the floor)		
3:30 - 3:45	Room 1: Laughter is the best medicine Ron Coleman Stand-up		
3:45 – 4pm	Room 1: Questions/Closing Remarks		
4pm - Close	Close: Afternoon tea and Networking combined with other Pre-conference groups (Exhibition Room).		