

zero2hero®
is proud to present

IN YOUR HEAD

A YOUTH MENTAL HEALTH FORUM

The only event of its kind in WA!

KEYNOTE SPEAKERS:



Dr. Arne Rubinstein



Matthew Pavlich



Amy Coombe



Annika Rose

**THURSDAY 7TH
SEPTEMBER 2017**

9am - 2:30pm

Perth Convention Exhibition Centre

WHAT TO EXPECT:

**KEYNOTE SPEAKERS
AND PRESENTATIONS**

**BREAKOUT SESSIONS
CHOOSE YOUR OWN ACTIVITY**

PANEL DISCUSSIONS

**STRESS MANAGEMENT
TOOLS AND ACTIVITIES**

Tickets available at
zero2hero.com.au



Join hundreds of teenagers from across the state at a school excursion like no other! Be inspired by our heroes and discover ways to maintain good mental health.

This excursion is open to High School students and teachers.

BREAKOUT TOPICS INCLUDE:

Managing anxious thoughts, stress and exams, keeping it real in a digital world, LGBTQI and overcoming adversity.

ACTIVITIES INCLUDE:

Beyoncé dance class, laughing yoga, drum therapy & slam poetry.



KEYNOTE SPEAKER BIOS:

Dr. Arne Rubinstein

Dr Arne Rubinstein is an expert on adolescent development, with 30 years experience as a medical doctor, counsellor, mentor, speaker and workshop facilitator.

Matthew Pavlich

Former captain of the Fremantle Dockers and much loved sporting hero, Matthew is an inspiration to many on and off the field.

Amy Coombe

National Inspirational Speaker, Master of Ceremonies and nationally accredited Life and MBIT Coaching Practitioner.

Annika Rose

A Happiness Scientist and teacher of mindfulness.

Student tickets start at \$40
Teachers tickets start at \$15
(early bird prices)

Tickets available at zero2hero.com.au

For larger groups or to request a school booking form please email
events@zero2hero.com.au