

REGION 1 CONFERENCE & SELF-DEVELOPMENT DAY PROGRAMME

Tuesday, 28 June 2022: Region 1 - Lower South Island AGM & Conference

11:30am: Doors open for Registrations

12pm: **Lunch & Guest Speaker - Lynley Hayes: *How to Protect Yourself from Scammers***

Lynley Hayes is a financial adviser and private banker at BNZ. Her goal is to provide the best financial advice to Kiwis, enabling them to achieve their goals throughout their lifetime and live their best lives.

1:00pm: **Welcome by Raewyn van Vugt, Region 1 Regional Leader**
Opening Speaker - Kate Wilson

Kate Wilson is a former Dunedin City Councillor who now sits on the Otago Regional Council. She has served as a Chair on a number of committees and is a Chairs-endorsed certified Resource Consent Commissioner. Kate has extensive governance experience including as a member of the Otago Museum Trust Board and Otago Central Rail Trail Trust.

1:30pm: **Annual General Meeting**

2:00pm: **Q & A session with RWNZ Board Member and Technology Portfolio Leader, Claire Williamson**

Claire Williamson is one of the two North Island National Board Members, a mortgage advisor, director and shareholder of My Mortgage, and the founder and chief creator of wool coat label Velma and Beverley and co-presenter with Emma Higgins of RWNZ's podcast, Black Heels and Tractor Wheels.

2:45pm: **RWNZ Centennial Committee Speaker - Pat Macaulay**

3:00pm: **Afternoon tea**

3:30pm: **Interactive Session - Jenny Malcolm, Mind & Body Wellbeing Coach, Vision Vitality**

Jenny is a Mind & Body Wellbeing Coach, who helps smart capable individuals remove the invisible barriers to a better quality life. She will take us through an experience that demonstrates we are more than our past, our future and the voice in our head. Be prepared to use and take away a powerful tool that allows you to tap into your inner wisdom

5:00pm: **End of Conference Day**

6:00pm: **Pre-dinner drinks with a speaker - Jean Hamilton, Region 1 Speech Competition Winner**

6:30pm: **Dinner and Guest Speaker - Irene Mosley, QSM, Director, Results Consulting.**

Irene, like her business name suggests, is results-driven. Working with community groups, businesses and councils for over 40 years she helps make things happen. She understands the philosophy and practice of Community Development and the best ways to get volunteers motivated, grow memberships and get projects underway. She has held positions within RWNZ at local and regional levels and is a recent recipient of the Queen's Service Medal for services to the community.

Announcement of our Raffle Draw

8:30pm: **Social Get-Together – BYO drinks**

Wednesday, 29 June 2022: Self-Development Day with Irene Mosley, QSM, Director of Results Consulting, Dunedin

Whether it is work, family, farming or in the community, the skills and strengths we have and develop all come from the same base. Head home at the end of the day with some new tools in your toolbox to tackle what tomorrow throws at you.

9:45am: **Registrations open**

10:00am: **Welcome and Introduction by Raewyn van Vugt**, Region 1 Regional Leader

10:05am: **Session 1 - Understanding What Makes Us Tick**

11:05am: **Morning Tea**

11:25am: **Session 2 - What Is Your Intent?**

12:35pm: **Lunch**

1:15pm: **Session 3 - Getting Stuff Done**

2:15pm: **Conclusion of Self-Development Day Programme**

GENERAL INFORMATION

ACCOMMODATION

Our generous host Burns Lodge at the Holy Cross Centre have offered discounted accommodation for our delegates so mention that you are attending the RWNZ Conference and breakfast will be included. Have a quick peek at their [website](#) to get a feel for the heritage and hospitality that awaits you.

Q & A SESSION WITH CLAIRE WILLIAMSON (*Tuesday, 28 June at 2pm*)

Burning Questions at Burns Lodge? Have you pondered about things related to RWNZ that you would love to know the answer to? National Board Member Claire Williamson will be happy to answer them in her Q & A Session. So that Claire has an opportunity to prepare, please send your questions for this session to Pat Macaulay at pat.macaulay@outlook.com **by the 26th of June 2022**.

CONFERENCE ORGANISING COMMITTEE CONTACT INFORMATION

The Region 1 Conference Organising Committee is looking forward to seeing you in Mosgiel. Should you have any questions about the Conference, Annual General Meeting or the Self-Development Day, please don't hesitate to contact them.

- Raewyn van Vugt ph: 027 448 8957 email: whitegold@rivernet.co.nz
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