

STAND TALL 2022

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PROGRAM & TIMES

| | |
|----------------|--|
| 9:00am | Opening Livestream Welcome Video |
| 9:20am | Opening live performance in the ICC |
| 9:30am | Ministers Welcome: The Hon Bronnie Taylor MLC and the Hon Jason Clare MP |
| 9:40am | Duku Foré |
| 10:00am | Bella Taylor-Smith |
| 10:15am | Timomatic performance |
| 10:35am | Michael Crossland |
| 11:25am | Tim Cahill |
| 11:30am | Lunch Break |
| 12:20pm | AFTERNOON SESSION COMMENCES |
| 12:30pm | Jakara Anthony |
| 12:45pm | Bella Taylor-Smith performance |
| 12:50pm | Danny and Leila Abdallah |
| 1:05pm | Eloise Wellings |
| 1:20pm | Bella Taylor-Smith performance |
| 1:35pm | Panel discussion with Harmony Butcher & Stand Tall Ambassadors |
| 2:00pm | FINALE PERFORMANCE |

EVENT CONCLUDES

NB. Program times are approximate and subject to change

This project received grant funding from the Australian Government
and the NSW Government.



Australian Government



This resource does not represent the views, opinion, or advice of the Australian Government.

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SPEAKER 1: DUKU FORÉ



It doesn't matter how little or big your dreams are, you need to get started.

The better version of yourself is waiting to meet you on the other side of your dream.

You don't have to be great to get started but you have to start to be great!

"Hard work pays off
Dreams do come true."

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SPEAKER 2: BELLA TAYLOR-SMITH



I believe the way we treat others and approach adversity are integral in life, no matter how challenging something may seem personally. There is always an opportunity to learn, grow and uplift the people around you. Kindness and forgiveness go a long way.

Kindness never grows old, take a bit of time every day to positively impact someone else!

I promise you'll end your day feeling uplifted and that you've made a *good* contribution to the world.

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SPEAKER 3: MICHAEL CROSSLAND



Adversity doesn't define us, how we deal with it does!

We must give without remembering and receive without forgetting.

We must stop taking criticism from those we would not take advice from.

Your value does not decrease based on ones inability to see your worth.

Stay in the present and keep your head/mind where your body is at.

Progress is a powerful way to silence the voice in our head that tries to tell us we can't.

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SPEAKER 4: TIM CAHILL



The biggest thing for me was being told I would never be a professional footballer; Being told that I wasn't big enough, not strong enough, but I suppose that was the desire for me, to chase my dreams and prove people wrong

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SPEAKER 5: DANNY & LEILA ABDALLAH



Forgiveness is for the forgiver more than the forgiven.

Are you going to be bitter or better?

It takes more courage to forgive than to hold a grudge.

We can't *change* what happens to us but
we can certainly make the right *choices*.

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SPEAKER 6: JAKARA ANTHONY



What other people think of you is out of your control so you are better off focusing your energy on the things you *can* control like the *effort* you put into everything that you do.

It takes the same amount of energy to dream big as it does to dream small.

You will achieve great things if you don't put a limit on what you are capable of.

You'll surprise yourself with what you can accomplish.

People are inspired by dreamers, you'll find if you have a dream, people will come along to help you.

Things in life can be scary, overcoming these fears is hard and takes work, but it is possible.

Perspective is a *gift*. Don't forget to take a step back, and look at things from a different vantage point every now and then.

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SPEAKER 7: ELOISE WELLINGS



Allow yourself to dream.

Richly imagine what could be.

Have the courage to dream again.

Success is being the kind of person you want to be along the way.

It takes *courage* to dream.
When we allow hope and perseverance to trump adversity and tell a bigger story, that's when our wildest dreams begin to come alive.

HELP IS AVAILABLE 24/7 AT KIDSHHELPLINE: PHONE 1800 55 1800