



20 YOUTH
22 MENTOR
conference

CONFERENCE PROGRAM

SCHEDULE

MONDAY 4 JULY 2022 @7PM AEST



ARUNA PANT

International Development Expert
& Youth Mentor
Nepal



ADEFOLASHADE FADEYI

Founder of Brighter Girls
Nigeria



PAIGE TAN

Teacher + Teacher
Wellbeing Coach
Australia



MADHUMALIKA BHARANI

University Student
India

**WHAT'S HAPPENING FOR YOUTH
AROUND THE WORLD PANEL**

7PM AEST

SCHEDULE

TUESDAY 5 JULY 2022



AMANDA ROOTSEY

Your Host + Founder,
Shine From Within

**OPENING
REMARKS +
WELCOME**

10AM AEST



TESSA CARAMIA

Presenter at Minus18

**WHAT'S FACING
LGBTQIA+
YOUTH**

10.30AM AEST



AMY KATE ISAACS

Developmental
Psychologist

**PROMOTING TEENS'
AGENCY IN CRISIS
AND BEYOND**

11.30AM AEST



TANYA MEESSMANN

Founder of Girl Shaped
Flames and Uniq You

**CAMP
COURAGE
- A CASE
STUDY**

2PM AEST



RASHMI BALAKRISHNAN

Youth Mentor

**HOSTING
TRUST
CIRCLES
WITH TEENS**

3.30PM AEST



NICOLA HAGGETT

Body Trust Coach

**MOVING BEYOND
BODY POSITIVITY
AND BODY
CONFIDENCE**

7PM AEST

SCHEDULE

WEDNESDAY 6 JULY 2022



JANAIHA BENNETT

Executive Director,
Youth Leadership Foundation

**THE ROLE OF
MENTORING IN
RECLAIMING
INDIVIDUALITY**

10AM AEST



BEC COLDICUTT

Founder, Rebel Starseeds

**MENTORING
TEENS
ONE-ON-ONE**

11.30AM AEST



LOUISE O'REILLY

Cultural Inclusion Coach
+ Former Youth Worker

**MENTORING YOUTH
FROM AN
ABORIGINAL
PERSPECTIVE**

1PM AEST



KIM SMITH

Founding Director,
Standing Strong International

**SCALING A
YOUTH-FOCUSSED
BUSINESS - WHAT
TO CONSIDER**

2.30PM AEST



TEENS!

A small group of our
Online Academy members

**WHAT TEENS
NEED RIGHT
NOW Q+A**

4.30PM AEST



**AMANDA ROOTSEY
+ SAM THOMAS**

Co-Hosts

**TAKE ACTION
WORKSHOP +
CLOSING**

7PM AEST

20 YOUTH 22 MENTOR conference

4TH - 6TH JULY 2022

Mon 4

7:00 PM WHAT'S GOING ON FOR YOUTH AROUND THE WORLD - PANEL

10:00 AM OPENING REMARKS + WELCOME

10:30 AM WHAT'S GOING ON FOR LGBTQ+ YOUTH WITH MINUS18

11:30 AM PROMOTING TEENS' AGENCY IN CRISIS & BEYOND WITH AMY KATE ISAACS

Tues 5

12:30 PM LUNCH BREAK + CHATS

2:00 PM CAMP COURAGE - A CASE STUDY WITH TANYA MEESMANN

3:30 PM TRUST CIRCLES WITH RASHMI BALAKRISHNAN

7:00 PM DISMANTLING THE LADDER OF BODY HIERARCHIES WITH NICOLA HAGGETT

10:00 AM THE ROLE OF MENTORING IN RECLAIMING INDIVIDUALITY WITH JANAIHA BENNETT

11:30 AM MENTORING 1:1 WITH BEC COLDICUTT

12:30 PM LUNCH BREAK

Wed 6

1:00 PM MENTORING YOUTH FROM AN ABORIGINAL PERSPECTIVE WITH LOUISE O'REILLY

2:30 PM SCALING YOUR YOUTH BUSINESS - WHAT TO CONSIDER WITH KIM SMITH

4:30 PM Q&A SESSION WITH TEENS - WHAT THEY NEED FROM ADULTS RIGHT NOW

7:00 PM TAKE ACTION WORKSHOP + CLOSING

YOUTH-MENTOR-CONFERENCE.COM

HOW TO JOIN

every session is live!



EVERY SESSION IS LIVE VIA ZOOM
AND RECORDED.



GET YOUR TICKET HERE:
[HTTP://YOUTH-MENTOR-CONFERENCE.COM](http://youth-mentor-conference.com)

THEN YOU'LL BE SENT THE ZOOM LINK +
LOGIN DETAILS FOR THE CONFERENCE PORTAL

ADEFOLASHADE FADEYI

FOUNDER OF BRIGHTER GIRLS NIGERIA

Adefolashade Fadeyi (Fola) is the Lead Coach and Founder of Brighter Girls Life Initiative. She is a US Certified Girl Empowerment Coach, an NLP Practitioner, a Trained Youth Mentor and Lead Mentor for the Shine From Within Youth Mentor Training Program and a Curriculum Developer with over 15 years of experience working with teen girls. Fola is certified to teach the "Girl Meets World curriculum "of the Girl Leadership USA, also taught at the Oprah Winfrey Leadership Academy for Girls, South Africa.

Her dream to work with girls started as a teen when she began to speak to girls in secondary schools within her community. She went on to co-found a Girl organization in her university where she organized programs centred on faith and girl empowerment.

She has since continued to work with thousands of girls in different capacities. She's run teen workshops in schools, churches, created signature workshops, organised parenting conferences and served on parent and teachers association board. A sought after speaker, Adefolashade was the speaker at the 2019 Valedictory Service at the British International School, Lagos.



CONNECT WITH ADEFOLASHADE

brightergirls.org

[@adefolashade.ng](https://www.instagram.com/adefolashade.ng)

[@brightergirls](https://www.instagram.com/brightergirls)

ADEFOLASHADE IS SPEAKING ON MONDAY 4 JULY AT 7PM AEST

ARUNA PANT

INTERNATIONAL DEVELOPMENT EXPERT + YOUTH MENTOR NEPAL

Aruna Pant is the founder of Golden Heart Mentorship program in Kathmandu, Nepal. She is a professionally trained social development specialist with 18+ years of experience promoting community management and livelihood opportunities with various national, international, and regional organizations including UNICEF.

Aruna brings her wealth of knowledge and passion for supporting youth to some of our coaching calls in the Shine From Within Youth Mentor Training and facilitates a number of classes in our Online Academy.

Aruna has profound experience in social work and working with communities, I/NGOs, and government organizations/agencies.

She is multilingual with communication in English, Nepali, Japanese, and Hindi.



CONNECT WITH ARUNA

[@goldenheartmentor](https://www.instagram.com/goldenheartmentor)

[goldenheartmentor
shipprogram.wordp
ress.com](https://goldenheartmentorshipprogram.wordpress.com)

ARUNA IS SPEAKING ON MONDAY 4 JULY AT 7PM AEST

PAIGE TAN

TEACHER & TEACHER WELLBEING COACH AUSTRALIA

Paige is a meditation and mindfulness coach and youth mentor, with 8 years of high school teaching experience.

She is passionate about all things wellbeing, and is on a mission to empower and inspire young girls to live a more mindful and purposeful life, and to live in The Eudaimonia Way.

Through her work as a high school teacher, what has brought her the most joy was seeing her students flourish and thrive when they learned the importance of listening to and respecting themselves.

Paige offers 1-1 mentoring support for teens and tweens, as well as meditation and mindfulness coaching programs to teach young girls all about the benefits of slowing down and being in the present moment.



CONNECT WITH PAIGE

[@paigetan_](#)

paigetan.com

PAIGE IS SPEAKING ON MONDAY 4 JULY AT 7PM AEST

MADHUMALIKA BHARANI

YOUTH MENTOR + UNIVERSITY STUDENT INDIA

Madhumalika Bharani is university student, aspiring journalist and youth mentor based in India.

She loves to read, write, sing, dance and ask a lot of questions about a lot of things. She loves to learn new things and facts about the world, the people, the various different cultures and more!

Travelling is her passion as well as spreading a lot of love around the world to everybody!. She aims to do this by writing poetry, stories and blogs that can bring a smile to people's faces and help people understand that it is okay to let loose sometimes, forget the stress, the pain the grudges and just DANCE! Just SING! as loud and proud as you can! Just be yourself.

Madhumalika facilitates a number of classes in our Online Academy.



CONNECT WITH MADHUMALIKA

@ [mxdhuuuuuuu_](#)

MADHUMALIKA IS SPEAKING ON MONDAY 4 JULY AT 7PM AEST

TESSA CARAMIA

WORKSHOP PRESENTER AT MINUS18 AUSTRALIA

Originally hailing from the south coast of Western Australia, Tessa (she/her) is a queer second-generation Australian-Italian woman who is deeply passionate about championing the needs of the LGBTQIA+ community and teaching people to foster respectful relationships.

Tessa attained her Bachelor's degree in Psychology & Gender Studies at the University of Western Australia, and recently completed her postgraduate studies at the leading Australian school of Sexology at Curtin University.

Since then, Tessa has developed a diverse portfolio of experience including peer support, community outreach, sexuality education, content development and events management.

Having worked with not-for-profits both in Australia and overseas for more than a decade, Tessa's passion for social change, relentless optimism and warm and empathetic approach to others has made her a highly valued member of the Minus18 team.



CONNECT WITH MINUS18

[@minus18youth](https://www.instagram.com/minus18youth)

[minus18.org.au](https://www.minus18.org.au)

TESSA IS SPEAKING ON TUESDAY 5 JULY AT 10.30AM AEST

AMY KATE ISAACS

DEVELOPMENTAL PSYCHOLOGIST AUSTRALIA

As the owner of The Mindful Collective, Amy Kate practices as a Developmental Psychologist from The Mindful Collective Studio in Paddington, inspiring mindful and compassionate change alongside the TMC team and women's-health focused businesses.

In her not-so-spare time Amy Kate also works with students from UQ as an Adjunct Lecturer, is a Board Director for ALLKND (also known as GRLKND) and is the Co-Founder of Brain Pilot, a mental health literacy program educating young people how to support their peers in mental health crises.

As a curious human, Amy Kate is also studying her second Masters, this time in the Science of Medicine (Sexual and Reproductive Health) to become a Sexologist.

She invites you to join their collective in whatever capacity nourishes your soul - whether that be through their socials, events, workshops or one-on-one therapy.



CONNECT WITH AMY KATE

[@amykate_psychologist](https://www.instagram.com/amykate_psychologist)

[@TheMindfulCollective](https://www.instagram.com/TheMindfulCollective)

[themindfulcollective.co](https://www.themindfulcollective.co)

AMY KATE IS SPEAKING ON TUESDAY 5 JULY AT 11.30AM AEST

TANYA MEESSMANN

FOUNDER OF GIRL SHAPED FLAMES AND UNIQ YOU AUSTRALIA

Tanya Meessmann is the founder of Girl Shaped Flames, a youth mentor and speaker.

Tanya has worked with over 3000 teenage girls, their parents and educators to develop their confidence, resilience and self-belief. Through this work she's been recognised as a thought-leader in the confidence space and is often found working with full school cohorts and speaking at corporate events on the life-changing effect confidence has on girls.

"...I have found myself mentoring young, ambitious women who were taking those nervous steps into worlds unknown, driven by the same burning desire. With hindsight, I can say that this has been by far my most rewarding role. The fulfilment I experienced through empowering girls as they discovered their own unique potential and strength was the catalyst for developing Girl Shaped Flames. These girls had fire within. I played my small part in fanning those flames, and the results were powerful and permanent."



CONNECT WITH TANYA

[@girlshapedflames](https://www.instagram.com/girlshapedflames)

[girlshapedflames.com](https://www.girlshapedflames.com)

TANYA IS SPEAKING ON TUESDAY 5 JULY AT 2PM AEST

RASHMI BALAKRISHNAN

YOUTH MENTOR INDIA

Based in Bangalore, Rashmi's wanderlust for life's experiences have taken her on various routes and detours - that of a freelance writer, women's circle facilitator, learning design consultant and trust circle facilitator for teens and others. She uses dance, movement, drama, arts and storytelling to express herself and connect with people.

She has had the opportunity to work with and experience fellowship programs, children at risk, people with disability and the LGBTQ population. She is passionate about initiating deep conversations around various topics including gender roles, values, behaviours, human experiences and much more.

Creativity is a way of life for her. She creates and holds safe and sacred spaces that allow participants to explore, engage, educate, heal and thrive in their true authentic selves. The foundational pillars of her work are inclusion, equity, community building and respect.



CONNECT WITH RASHMI

[@reach.rashmi](https://www.instagram.com/reach.rashmi)

RASHMI IS SPEAKING ON TUESDAY 5 JULY AT 3.30PM AEST

NICOLA HAGGETT

**BODY TRUST COACH
UNITED KINGDOM**

Nicola Haggett [she/her] is a Body Trust Coach for plus-sized/fat humans.

Nicola is also a fat person who practices Body Trust® every day in order to heal, thrive, and reclaim the joy and pleasure in her life.

Nicola supports and guides smart, socially conscious humans like you to heal your relationship with food, unlearn body shame, and live your fullest life, right now, in the body you're in. Nicola does her best work with folks in higher weight bodies who have some knowledge of Intuitive Eating or Health At Every Size®.

Nicola helps folks move from “getting it intellectually” to integrating these approaches fully into their life – without getting pulled off course by Diet Culture and Anti-Fatness. Nicola shows you how to explore, name & reclaim your Body Story, learn to trust your body's wisdom, unpack fear of weight gain, and redefine what health and wellbeing mean for you.



CONNECT WITH NICOLA

[@nicolahaggett](https://www.instagram.com/nicolahaggett)

[nicolahaggett.com](https://www.nicolahaggett.com)

NICOLA IS SPEAKING ON TUESDAY 5 JULY AT 7PM AEST

JANAIHA BENNETT

EXECUTIVE DIRECTOR, YOUTH LEADERSHIP FOUNDATION USA

Janaiha is the Executive Director of the Youth Leadership Foundation (YLF), a nonprofit organization that provides quality one-on-one mentoring programs for students from areas of concentrated disadvantage aged 7 to 17 across the Washington, DC metro area. Serving over 350 DC and Maryland youth each year, YLF facilitates empowerment through joy, excellence, and a spirit of service while building character, emphasizing personal growth, and creating transformative mentorship experiences.

Since its founding in 1997, YLF has served 4,000 students, and 97% of YLF students graduate from high school. In 2009 and 2017, YLF was named one of D.C.'s Best Small Charities by the Catalogue for Philanthropy.

Janaiha is a native of Washington, DC, started as a mentor with YLF 15 years ago, and is the organization's first black or female leader, serving as Executive Director since 2018.



CONNECT WITH JANAIHA + YLF

[@yfl_dc](https://www.instagram.com/yf_dc)

helpingkids.org

JANAIHA IS SPEAKING ON WEDNESDAY 6 JULY AT 10AM AEST

BEC COLDICUTT

FOUNDER, REBEL STARSEEDS NEW ZEALAND

Bec Coldicutt is a teacher, youth mentor, certified life coach, and Reiki Master/Teacher.

Inspired by what she was seeing in her classroom and beyond, Bec was called to create Rebel Starseeds; a deeply heart-focused business helping girls learn that intelligent, purposeful rebellion leads to an empowered and inspiring life! She works with girls to help them learn self-empowerment, discover the real meaning of self-love, and bounce out of those limiting belief patterns we tend to find ourselves in.

Through Rebel Starseeds and her work in schools, Bec provides workshops, programmes and one-on-one mentoring to girls and their families.

Bec also teaches Reiki as a powerful tool for self-love and healing.

Bec facilitates a number of classes in our Online Academy.



CONNECT WITH BEC

[@rebelstarseeds](https://www.instagram.com/rebelstarseeds)

rebelstarseeds.com

BEC IS SPEAKING ON WEDNESDAY 6 JULY AT 11.30AM AEST

LOUISE O'REILLY

CULTURAL INCLUSION COACH + FORMER YOUTH WORKER AUSTRALIA

Louise is a Warrwa-Noongar woman who focuses on cultural inclusion & diversity and anti-racism work for entrepreneurs who support equality of Aboriginal and marginalised people, who want to learn and take action on their business but aren't unsure what to do to be an active ally.

Offering online courses, live trainings, coaching, consultancy, and speaking services in this field, her dream is to stimulate co-creation of a more inclusive world where everyone feels free to be their authentic self while knowing they are valued and belong.

Her drive is her two children, her cheer-squad is her husband, and her inspiration is the calling from deep within her soul. Louise's teaching and coaching style is inclusive, compassionate, and supportive. Louise blogs about inclusion & diversity creation for businesses, her culture, and life from the perspective of a fair-skinned Aboriginal woman.

Outside of business Louise was freelance writing for Amnesty International, a Miss NAIDOC Perth finalist, a radio host, and is part of an Australian first, Aboriginal-led visionary 10-year project designed to create social change and reconciliation in Boorloo (Perth).



CONNECT WITH LOUISE

[@louise.oreilly.shieldandconch](https://www.instagram.com/louise.oreilly.shieldandconch)

louiseoreilly.com.au

LOUISE IS SPEAKING ON WEDNESDAY 6 JULY AT 1PM AEST

KIM SMITH

FOUNDING DIRECTOR, STANDING STRONG INTERNATIONAL AUSTRALIA

With a Bachelors Degree in Behavioural Studies, with major concentrations in Youth Issues, diploma in Holistic Counselling and qualifications in Health, Wellness, Training and Management, Kim – Founder of Standing Strong, takes a holistic approach to helping children, teens and parents navigate through the challenges and triumphs of growing up.

Kim knows what it takes to get through the tough times and has worked with hundreds of children, teens, families, schools and community organisations. She was awarded the Telstra Business Womens' Award for Purpose & Social Enterprise WA in 2020 and has been endorsed by Oprah Winfrey for her work at Standing Strong. Kim is a regular contributor to Girlfriend and Dolly Magazines and has featured on The Today Show, Daily Telegraph, ABC Radio, The Western Times and more.

“My favourite quote is ‘Often you don’t realise your own potential until you see it through the eyes of someone else’. I love helping children and teens to understand how strong, capable and special they are by helping them to see themselves in an empowered way!”



CONNECT WITH KIM

[@standingstrongclubs](https://www.instagram.com/standingstrongclubs)

[standingstrongclubs.com](https://www.standingstrongclubs.com)

KIM IS SPEAKING ON WEDNESDAY 6 JULY AT 2:30PM AEST

SAMANTHA THOMAS

LIFE COACH + YOUTH MENTOR AUSTRALIA

Sam Thomas is a certified Life Coach who studied with the Beautiful You Coaching Academy in Australia. She has also studied Positive Psychology online through the University of North Carolina, has a Bachelor of Arts in Communication from the University of Technology, Sydney and is a Shine From Within Youth Mentor.

Sam graduated as a life coach in 2014 and worked as the in-house life coach for Asia's number one wellness retreat, Phuket Cleanse. During her time in Phuket, Sam facilitated more than 400 workshops on a wide range of topics related to holistic wellbeing and travelled internationally to deliver these workshops in Paris, London, Portland, Hong Kong and Singapore.

Sam's favourite topic to teach people about is self-love, as she believes the relationship you have with yourself impacts all of your choices and behaviours and if you can make this the kindest relationship of your life, then your whole world can positively transform.

Sam facilitates a number of classes in our Online Academy.



CONNECT WITH SAM

[@samanthalthomas](https://www.instagram.com/samanthalthomas)

[samanthalthomas.com](https://www.samanthalthomas.com)

SAM IS SPEAKING ON WEDNESDAY 6 JULY AT 7PM AEST

AMANDA ROOTSEY

CONFERENCE HOST + FOUNDER OF SHINE FROM WITHIN AUSTRALIA

Amanda Rootsey (she/her) is a Hay House author, qualified life coach and youth mentor, cancer-survivor, former international model, business coach/consultant and gentle guide. She has been teaching and presenting to teens since she was a teen herself and has supported thousands of youth since launching her holistic training school, Shine From Within, on the Sunshine Coast QLD Australia in 2012.

It was a 2-year battle with cancer that really inspired Amanda to bring together a team of experts and inspiring guest teachers to create her unique training school. Her time as an international model in her early 20's also opened up her eyes to the tortuous relationship that many young people have with their bodies and prompted Amanda to deepen her understanding of positive body image issues in teens.

Nothing gives her greater pleasure than to see her students realise how beautiful they are inside and out, take responsibility for their own health and happiness, be caring and supportive citizens of the world and truly shine bright.

With a background in teaching teen personal development courses spanning 10 years, life coaching and youth mentoring qualifications, a passion for natural health and a best-selling book for teens, Amanda is leading the charge in a new wave of teen education.



CONNECT WITH AMANDA

[@shinefromwithinhq](https://www.instagram.com/shinefromwithinhq)

[@amandarootsey](https://www.instagram.com/amandarootsey)

[shinefromwithin.com.au](https://www.shinefromwithin.com.au)

AMANDA IS OUR HOST THROUGHOUT THE CONFERENCE

PRESENTED BY

Shine From Within

The Youth Mentor Conference is curated and hosted by Shine From Within. Founded in 2012 on Gubbi Gubbi Country (Sunshine Coast) QLD Australia, Shine From Within is now a global leader in supporting the people who support youth and are on a mission to ensure every young person has a mentor.

Their award-winning Youth Mentor Training has trained mentors in over 20 countries, seeing women, men and non-binary folks building community programs, thriving businesses, successful school workshops and curriculums, holiday camps and one-on-one mentoring services for the youth in their communities. We believe wholeheartedly that there can never be too many people dedicated to supporting the next generation – let's do it together!

This is our inaugural conference and we cannot wait to connect with you, share ideas and rally together to support the next generation.

