

# Naturally Resourceful

a short course for rural women...



## Bedourie Hall

Wednesday 20 & Thursday 21  
October 2010

You are invited to a two day workshop that is specifically designed for rural and remote women. If you have attended a Naturally Resourceful Women's Workshop or not, you will benefit from the new topics chosen through feedback from women across the region.

### Workshop topics include:

#### Day one from 9am

Communication  
Child Psychology and Parenting  
Financial Planning  
My Story - Inspirational ladies  
Workshop Dinner

#### Day Two

Body Balance  
Strategies for Serenity  
Climate Change  
Biodiversity  
Lunch time wrap-up

For further information please contact Industry Liaison Officer Colleen James on 07 4652 7826, Mobile: 0428 580 998 or email: [colleen.james@dcq.org.au](mailto:colleen.james@dcq.org.au)

Register now on  
07 4658 0600



Registration is essential. There is no cost to attend the 2 day workshop with all workshop materials, daily smokos, lunches and workshop dinner included.

# Naturally Resourceful

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## Naturally Resourceful

- Builds on the resourceful nature of rural and regional women
- Helps women to build their skills, knowledge and understanding
- Enhances the community involvement of rural and regional women

## Aims and outcomes

The course provides a pathway for women to take leadership responsibilities within the natural resource management field, as well as within the social, producer and political groups and committees.

The course is designed to:

- Encourage participants to take responsibility and action for improved management of the environment
- Improve participants' understanding about the links between good natural resource management practices and social and economic viability
- Develop participants' self confidence
- Encourage participants to be more vocal advocates for continued learning within their communities

## Bedourie Women's Workshop Topics:

1. **Communication** - interactive workshop allows attendees to identify what's involved in communication, practice communicating in situations that match their own and prepare communication action plans.
2. **Little people** - an interactive discussion around child psychology and the psychology of parenting.
3. **Financial Planning** - meeting your life's goals through the proper management of your finances
4. **My story** - Joyleen Booth manages Murnpeowie Station, an organic cattle property in South Australia's far north, with her husband Frank.
5. **My story** - Sue Gardiner tells how her journey began in the UK and ended in Western Queensland.
6. **Body Balance** exercise session based on yoga, tai chi and pilates that focuses on maintaining strength, flexibility, muscular endurance and mind/body awareness.
7. **Strategies for Serenity** - Looking at the things our life that we cannot change and how we can develop the ability to accept this.
8. **Climate Change** - How can we use historical data to help us plan for the future?"
9. **Biodiversity** - interactive workshop on biodiversity in western Queensland