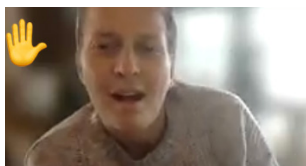
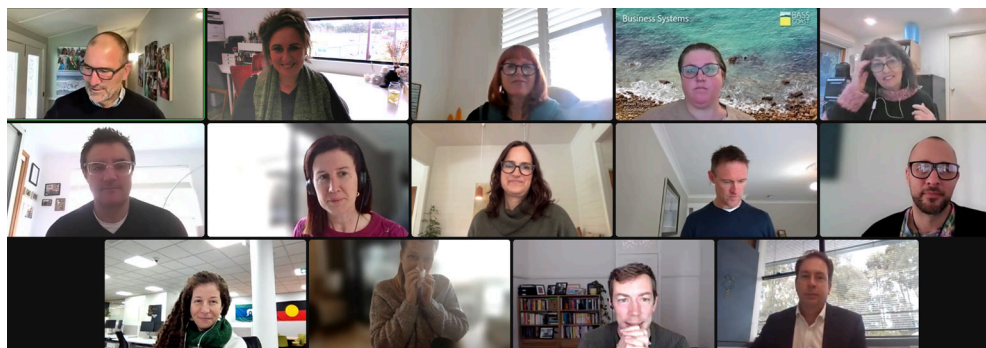




CHANGE
 CO.LAB
 STORIES:
**THE SUSAN
 BARTON STORY**

We introduce the
**Lighthouse Foundation
 Mission to end Youth
 Homelessness –
 The Susan Barton Story
 (Melbourne, Australia).**

July 1-1.45PM
 August 5
www.petruc.co



Monique: “What are some of the biggest challenges you have come across setting up a charity and being female led?”

Susan: “Our foundation is all about relationships and attachments. Relationship focus was seen as a great risk - but we knew children can’t heal and that thrive unless they belong to a community. This is key in ensuring that our young people don’t return to homelessness. You can’t do it alone. As men and women we are part of the solution -we need the wisdom of both. “



Liz: “What is the sustainability connection on the community committees you have in place?”

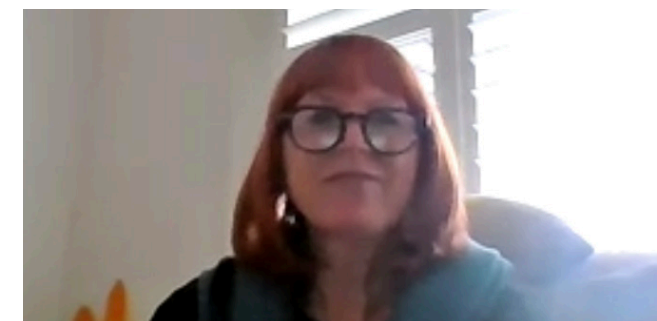
Susan: “We are predicated on our community and our committees - I didn’t want government to bring up our children. Systems provide resources but humans bring up young people and develop relationships. Our psychologists are worthy of working with our young people. We all can reach out to our community and committees reach our to their communities. There are mentors in our networks and we love partnering.”



Darren: “I am curious to know how you look after yourself what are the steps you take to look after yourself during these difficult situations?”

Susan: “Anger actually helps me as I see and think - “these situations should not happen on my watch!” We are known for a “reflective practice” model and we make sure every member of our team does this in our meetings. We look at triggers and help each other be resilient and safe. Our team is really important to us - they stay long term and they are a huge value to us.”

“Robert Kiyosaki once told me - ‘Sue - you need to get up and spruik what you do and what you want!’. So I learnt about business principles and how to duplicate what I do. I am good at seeing what others do and I surround myself with a group of people that help me build my charity - Lighthouse Foundation. I wan’t our young people to take over the organisation and be a voice of Lighthouse and what we do.”



For me it is such a joy to see the glow on our young people’s faces. I have no closed in office space - I want to be here when they tell me they have a job or find a partner or made contact within in their community. They are the things that make me happy. I can’t let go of that joy. There is a deep responsibility to hold onto that and I made a commitment to be there for that life membership.



CHANGE
 CO.LAB
 STORIES:
 MEET
**NATASHA
 MILIOTIS**

We welcome Natasha Miliotis, CEO SHINE SA, ex CEO Skylight Mental Health – (Adelaide) sharing her experience with wellbeing, mental health, fatigue and burnout.

July 1.45 - 2.30PM
 August 5
www.petruc.co



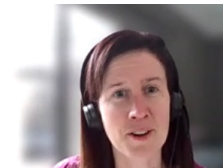
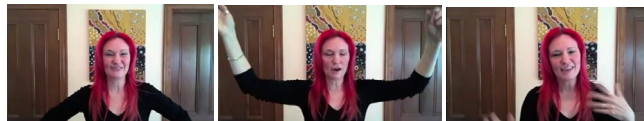
Natasha: "I LOVE BEING A LEADER!"



"In Leadership - our wellbeing is central to everything we do. We are role models. What is the narrative we tell ourselves?"



Healthy, Strong and Well : My breakthrough story



Clare: "How does the explanatory model work with people who aren't clear on what they want?"

Natasha: "Keep inquiring - question and look to ask the right questions. There is so much power in language and our mindsets. What are the messages we tell ourselves? Notice your inner dialogue and recognise what you tell yourself."



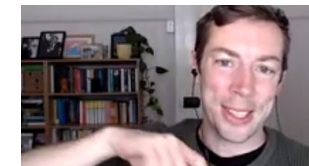
David: "Do you practice your positive internal dialogue during the day?"

Natasha: "I do this all the time. I look to consciously re frame my experiences. I am energised by how my mind works too when I am asleep. I think our subconscious doesn't have the same rules - but I know our mind is always listening."



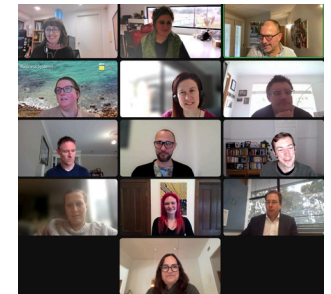
Darren: "I try to maintain balance but I am curious to know if you have any established systems and any key tools of success?"

Natasha: "Disclaimer: it is all personal - everyone's work life balance is different. What works for me is my Outlook tasks and the way I manage my emails. As a CEO I have many emails + meetings a day and have become aware of all the repetitive tasks."



George: "This has been really informative and I'm wondering if you could give us some insights of how culture starts in terms of language?"

Natasha: "Language is key and important to look at what society tells us. Culture is not any one person. We use language to connect, and its important to moderate how we respond and the way you speak to others."



"I have my own internal cheer squad! I catch myself if I speak negatively. I constantly give myself a positive language - practice an attitude of gratitude and notice what is happening around you! "

How to make stress your friend | Kelly McGonigal: <https://youtu.be/RcGyVTAoXEU>

An ER doctor on triaging your "crazy busy" life | Darria Long: <https://youtu.be/nLjchFPvcQo>

Natasha shares 2 You Tube Clips and how she is proud of working a 30 hour work week. Ban the word busy in your life. Learning how to sustain yourself is critical to your wellbeing. Check these links out - available in our CO.LAB Platform.