

YOUNG ATHLETES  
16-17 YEARS OLD

# WELLBEING CONFERENCE

SATURDAY, 17 JANUARY, 2026  
10:00 AM - 3:00 PM

**Join Us**

PRE-SEASON TOOLS TO HELP YOU  
THRIVE, ON AND OFF THE FIELD.

**When:**

Saturday, 17<sup>th</sup> January 2026

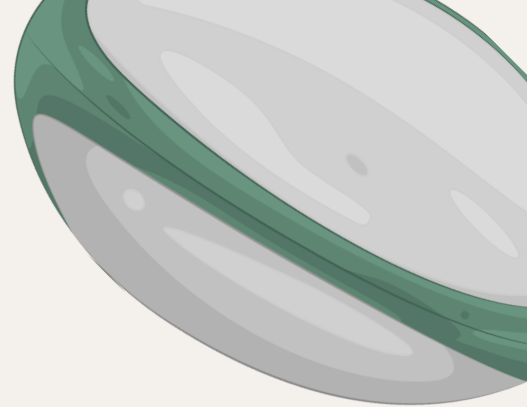
Starting at 10.00am - 3.00pm

**Location:**

ACPE, 10 Parkview Dr,  
Sydney Olympic Park

**We will have  
two inspiring  
athletes join us.**

# Workshop



**9:30 AM -  
10:00 AM**

Registration

**10:00 AM -  
10:20 AM**

Welcome + ACPE  
Introduction

**10:20 AM -  
10:30 AM**

Group Activity and  
Energy Lifter

**10:30 AM -  
11:15 AM**

Panel Discussion -  
TBC, Rugby, Football and Basketball

**11:35 AM -  
11:45 AM**

Group Activity and Energy  
Lifter/Mindfulness

**11:45 AM -  
12:30 PM**

Networking -  
Light Lunch

**12:30 PM -  
2:00 PM**

Carousel Learning -  
3 x 30 minutes  
Mountain - CBT -  
Conference room  
PlayDoh - Self Talk -  
Yoga, Oils - Wellness -  
Dance Studio

**2:00 PM -  
2:20 PM**

Group Session -  
Five Pillars of Wellbeing

**2:20 PM -  
2:50 PM**

Gratitude Session-  
Basketball Courts - Musical  
Football

**2:50 PM -  
3:00 PM**

Q&A Session and Wrap-  
Up for the Day





# WELLBEING MASTER CLASSES



## 1. MINDSET SHIFT

Climbing the mountain - a visual learning tool based around CBT to engage the creative learning with what lies beneath the surface is sometimes unseen, and showing them how to manage negative self-talk and climb the mountain towards more positive self-talk to step into the spotlight.

## 2. WELLNESS

Learning the key lessons in self-care, knowing how to pause and feel your emotions, and sharing moments of taking control and building a healthy relationship with yourself towards your uniqueness and calming your inner critic. Walking away with a toolkit of strategies to thrive in all areas of your life. With a touch of mindfulness, slowing down the pace and resetting before high-pressure environments.



## 3. BODY IMAGE

Positive body image is key towards performance, knowing how you view yourself and understanding the perception of others is key in navigating challenging times, resisting comparison, and building your resilience with an avatar creation to step into your power both inside and outside of your game.





## Deb - Creator and Facilitator

Deb is founder of a leading training and development organisation focused on women's wellbeing and leadership, a platform for empowering people with the resilience to thrive.

Her programs are known for her strengths-based, creative play backed by research. Ensuring her programs are interactive while creating a safe place where athletes supported. Deb has been designing unique programs since 2004 in London and Australia. Holds her Diploma in Positive Psychology and Wellbeing.

Media Release - Deb partnered with Football NSW to design the first ever wellbeing program for teenage girls 'Empower Her' towards resilience, body image, and confidence under the NSW Office of Sport 2025 Play Her Way Grant. See us in action [here](#).



## Mon - MC and Facilitator

Mon holds over 20 years of experience in sport, media, and leadership, Mon brings big energy, real stories, and game-changing advice. She's led teams at the top level, been the voice at the 2024 Paris Olympics and FIFA Women's World Cup, and knows what it takes to thrive under pressure.

Her passion is helping young people, especially girls, see what it takes to step into their confidence, back themselves, and lead with impact. Mon will be our MC on the day and will bring you an interactive session that's fun, powerful, and all about owning the space you belong in.



For any further questions or information please feel free to reach out.  
We pride ourselves on giving you a full comprehensive guide on the program  
before you decide if it's the right investment for you.



*The Athletes Evolution Program was incredibly insightful and valuable for our coaches and 16-18 year old players at South East Phoenix FC. Deb and Lauren did a fantastic job of creating an engaging environment that allowed everyone to learn and grow, developing strong, confident and resilient young female athletes. We highly recommend this program!*

**-Dale Russell**

**Coaching Director, Southern NSW Football**

Let's team up to create a resilient community that not only excels in sport but also thrives in all areas of life, enabling them to bring their best selves to every moment.

**The Evolve Academy Pty Ltd is a registered supplier on the NSW Buy Supplier Hub for small business.**

Contact us here:



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