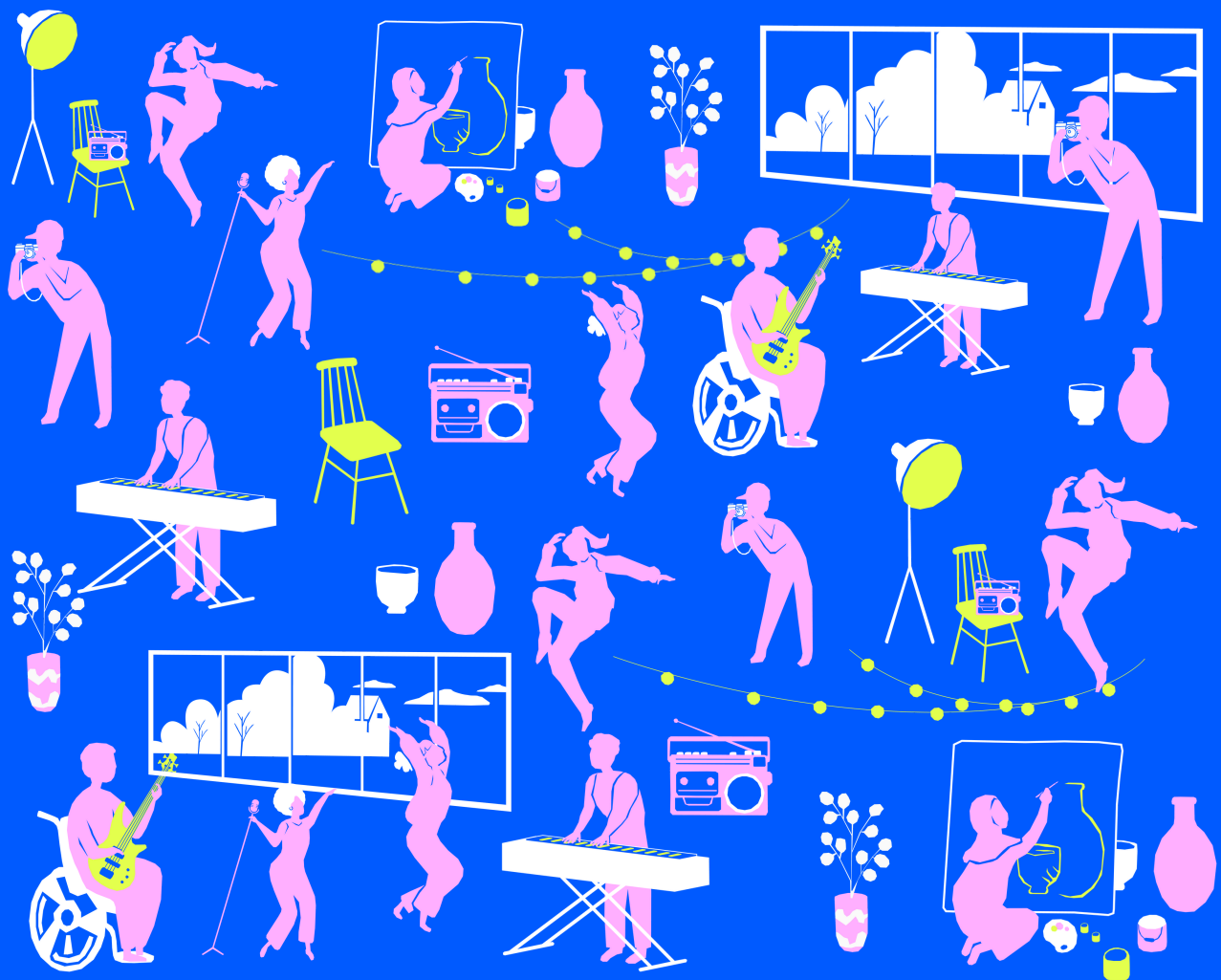


FUTURE RESET YOUTH SUMMIT



ANCHORING WELLBEING THROUGH
CREATIVITY AND CONNECTION



THURSDAY 13 OCTOBER

DAY 1: REST AND REMEMBER



We take the time to rest as a call to action to remember, and reflect on both the light and shade of our roots, our history, and ourselves. Through the exploration of play and the creative arts, we continue to examine the concept of wellbeing.

Hosted by Adongwot Manyoul + Boudene Hauraki

9.00AM – 12.15PM

MORNING SESSION

Welcome to Country

Yirramboi Special Session

Meditation / Mindfulness workshop with Caroline Kell.

Formalities + Informalities

Keynote Address

Low Key Networking, High Key Relationship Building

Let's get to know each other through low key networking and high key relationship building.



YIRRAMBOI SPECIAL SESSIONS

Join us each morning as we experience a Yirramboi performance, reflecting and responding to the theme of each day.

KEYNOTE ADDRESS

Collective resistance for collective wellbeing – a keynote by Idil Ali.

ARTIST IN RESIDENCE

Artist in Residence Regen Autonomy (la/they/them) embeds a meandering drop-in journey of sensory relaxation & inquisitive play through craft throughout Day 1.

12.15PM – 1.15PM

LUNCH

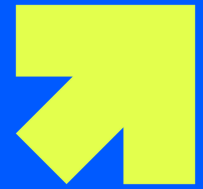
We will come together daily to rest and reflect as we enjoy lunch from Mabu Mabu, celebrating culture and community through native ingredients and delicious food.

Mabu Mabu is a saying from the Torres Strait that means 'help yourself'.



THURSDAY 13 OCTOBER

DAY 1: REST AND REMEMBER



1.15PM – 2.45PM

SESSION	TELL ME MORE
<p>The Art of Play</p> 	<p>Join leading Youth Arts companies, Polyglot Theatre and Western Edge as they explore the joy and necessity of play and collaboration in everyday life.</p>
<p>Open Mic Five Minute Flex</p> 	<p>Share a poem, yarn, rap, reflection or pitch on what wellbeing means to you, hosted by Aisha Trambas.</p>
<p>In-Conversation: Reimagining Collectives' Values</p> 	<p>A panel discussion led by Nyaruot Ruth Ruach with Yo Soy Collective Co-founders Ruby Pivot and Jess Ibacache, Kishnel Chand, Co-founder of on3 Collective, Ez Eldin Deng, Co-founder of Next In Colour and Kush Kuyi from Way Over There Collective.</p>
<p>Theatre Hacking Sexuality Education</p>  <p>Content Warning: This session will involve conversations around sex and relationships which some may find distressing.</p>	<p>The scene, the scenario and the emancipatory approach* for non-actors, suitable for 18 – 25 years old with LoVE BiTES trained Respectful Relationship Facilitator Gillian Cooper.</p> <p><i>*Paiva, V. (2005) Analysing sexual experience through 'scenes: a framework for the evaluation of sexuality education. Sex Education, 5(4), 345–358.</i></p>









THURSDAY 13 OCTOBER

DAY 1: REST AND REMEMBER



3.00PM – 4.30PM

SESSION	TELL ME MORE
Reconnecting with the self 	Reconnecting with the self – a potion workshop with aminata.
Anchoring wellbeing through small object worlds 	Join Kirsten Meyer as she invites you to play and explore what wellbeing means to you; creating small worlds using a range of objects.
Troubling wellbeing: Creativity + Art-Making in a Climate Emergency  	A panel discussion exploring the impact of a creativity + art-making in a climate emergency with Neil Morris AKA DRMNGNOW, Pacific Climate Warrior member, Netta Maiava, Berish Bilander of Green Music Australia and Jason Titifanue – Youngsolwara member and Researcher.
Neurodiversity and Me 	This online workshop co-facilitated by visual artist Ash Hem (they/them) and social worker Dallas Currie (they/them) will explore through a creative lens what neurodiversity is and how it shapes our relationships and experiences of the world.
The Powers of Digital Storytelling 	Look to leverage social media content making for high community impact with Video Producer, and ABC Social Media Producer Bakri Mahmoud.

4.45PM – 5.30PM

DAY 1 CLOSING SESSION



Collective check out with Day 1 reflections and a musical performance from **Brothers in Arms**. Brothers in Arms is a First Nations crew that incorporates traditional and hip hop dance and song. We are unique and powerful, as we encompass 7 different cultures (Aboriginal, Tongan, West Papuan, Philippines, Ethiopian, Samoan and Moari) traditions.

FRIDAY 14 OCTOBER

DAY 2: REIMAGINE AND REDEFINE



Anchoring from rest, we seed and nurture our individual and collective imaginations toward manifesting the future we know we urgently need and continue to challenge ways of thinking, being and feeling that don't serve us.

Hosted by Adongwot Manyoul + Boudene Hauraki

9.00AM – 1.00PM

MORNING SESSION

Acknowledgement of Country

Formalities + Informalities

Yirramboi Special Session

Live performance by Maddi Coleville-Walker.



Facilitated intergenerational exchanges between young people and elders



1.00PM – 2.00PM

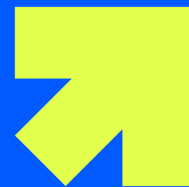
**LUNCH + LIVE PERFORMANCE:
HALO VOCAL ENSEMBLE**






Directed by powerhouse Liona Tatafu, Halo Vocal Ensemble features a diverse lineup of artists from different communities across Melbourne and Brisbane to perform collaboratively & simultaneously on one stage. The collaborative supergroup brings together some of Melbourne's leading singers, musicians and DJ MzRizk, to perform reimagined arrangements of modern RnB, Soul, Jazz, Gospel, Disco and Hip Hop classics

FRIDAY 14 OCTOBER

DAY 2: REIMAGINE AND REDEFINE



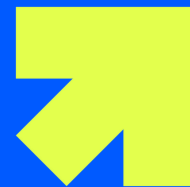
2.00PM – 3.30PM

SESSION	TELL ME MORE
<p>Grief, Creativity and the Brain</p> 	<p>Learn how the brain processes emotions related to loss and explore grief through creativity with PhD Candidate Stefan Sambol and Gabriela Georges of Grief Cocoon.</p>
<p>Panel Discussion: Creative Advocacy and Action</p> 	<p>Join members of the YMCA African Youth Parliament team as they lead an online panel discussing the vital connection between advocacy in the education system and impacts on wellbeing. Hear how they have successfully mazed through the system using creative strategies, action and voice.</p>
<p>Youth-Led Panel Discussion: Connective Tissue</p> 	<p>Join this youth led discussion on what supportive structures need to look and feel like as they come into institutional creative spaces with Arty Owens of Arts Access, Nickila DeSilva from Next Wave, Dilpreet Kaur Taggar, South Asian Today and Evrim Sen, SYN Media.</p>







FRIDAY 14 OCTOBER

DAY 2: REIMAGINE AND REDEFINE



3.45PM – 5.15PM

SESSION	TELL ME MORE
Sensory Clay Workshop 	A hands-on sensory clay workshop with Iman Ceramics. Learn the basics of hand-building with the freedom to create whatever form you like as you connect with yourself and others.
Navigating the Matrix  Content Warning: Scenarios depicted here are fictional and have references to alcohol and drug consumption, nudity and explicit images. While this will be treated with care and sensitivity, some conversations may be intense and triggering.	Striking digital wellbeing on social media with Mariam Koslay and guests. This unique session will give attendees the opportunity to 'choose their own ending', as participants unpack popular social media scenarios led by actors, celebrating their resilience, strengths and connection to self.
Whiteology 	Join author Najib Warsame and illustrator Karena Bravo as they launch their creative project Whiteology – a glossary of conceptualised words from everyday experiences of navigating whiteness in so-called Australia. Understand structures institutions systems and spaces while having critical dialogue for community building and healing.
Reciprocated Perinatal Healing Yarn 	Reciprocated Perinatal Healing Yarn for young people with Girrimay nurse and award winning North Queensland artist Marianne Wobcke, Uti Kulintjaku from the APY Lands in South Australia.

5.30PM – 6.20PM

DAY 2 CLOSING SESSION



Collective check out – Day 2 reflections and a live hip hop set from Westside locals, Emcee, B-Boy and Producer Bilalli alongside turntablist DJ Jewelz.

SATURDAY 15 OCTOBER

DAY 3: REWIRE AND RECLAIM



Practice with courage and confidence to take up space, advocate for yourself and your community, and most importantly become your greatest version.

Hosted by Adongwot Manyoul + Boudene Hauraki

9.00AM – 12.30PM

MORNING SESSION

Acknowledgement of Country

Formalities + Informalities



Yirramboi Special Session

Yirramboi Panel discussion facilitated by Nayuka Gorrie, with Tarneen, Rosie Kilvert, Apryl Day, Samira and Philly.



12.30PM – 1.15PM

LUNCH + LIVE PERFORMANCE: RYMS ALL STARS








RYMS All Stars are participants of Real Youth Music Studios (RYMS), a music and dance program run by the Drum Youth Services. RYMS supports young people to write, record, and perform their own songs, connect with mentors and industry professionals. At a RYMS All Stars performance, you can expect to hear original rap songs full of personality and self-expression, and see some choreographed Afro-dance routines.

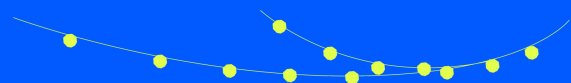
SATURDAY 15 OCTOBER

DAY 3: REWIRE AND RECLAIM



1.15PM – 2.45PM

SESSION	TELL ME MORE
<p>HeARTful Conversations</p> <p> </p>	<p>HeARTful Conversations: An intersectional approach to unpacking 'wellbeing' in the arts through a spiritual, physical and mental lens with grounding video by Dr Paola Balla and conversation with Chenai Mupotsa-Russell, Ayesha Tauseef and Avrille Burrows.</p>
<p>Does Australia need a National Youth Charter?</p> <p></p>	<p>Does Australia need a National Youth Charter? Join in online with Keith Waters from Youth Development Australia and Youth Advocate Mohamed Semra to contribute to the national discussion on the role of a National Youth Charter.</p>
<p>Art Connections to the Divine</p> <p></p>	<p>Explore your connection to the divine through candle making with Ajak Malual.</p>
<p>Dip Dip Dive: Activate your creative energy</p> <p></p>	<p>Dip Dip Dive into your creative waters with Nyaruot Ruth Ruach as she guides you through a fun online journal based workshop to activate your creative energy.</p>



SATURDAY 15 OCTOBER

DAY 3: REWIRE AND RECLAIM



3.00PM – 4.30PM

SESSION	TELL ME MORE
<p>The Subtle Art of Bootstrapping</p> 	<p>Learn about financial literacy as wellbeing with and for young people from collective cultures with Amran Abdi</p>
<p>Panel Discussion: Making your Role Redundant</p>  	<p>In Conversation session led by Yasbelle Kerkow and Roshani Jayawardana: Making your role redundant, exploring succession planning with and for young people with Karen Jackson Moondani Balluk, Marion Singer, Shantel Wetherall and Nithya Nagarajan (She/Her)</p>
<p>Activism, Community and Social Justice Circle</p> 	<p>Join Hannah (she/her) and Charlotte (she/her) from GenZine, a gender equity art and discussion group, for gender equity circle. Hear how they use activism through GenZine- a magazine run by and for young people in Melbourne.</p>
<p>Reciprocated Perinatal Healing Yarn</p> 	<p>Reciprocated Perinatal Healing Yarn for young people with Girimay nurse and award winning North Queensland artist Marianne Wobcke. A supportive space for young people to talk about the importance of the journey from conception through to the early post-natal period and how this impacts their perceptions of the world.</p>
<p>Stretch and Reset</p> 	<p>Stretch & Reset: community mindful movements with aminata.</p>



SATURDAY 15 OCTOBER




DAY 3: REWIRE AND RECLAIM



4.30PM – 5.30PM

DAY 3 CLOSING SESSION

Acknowledging and celebrating the collective Summit journey from rest to reclamation!

SESSION	TELL ME MORE
Collective Check Out 	Collective reflections and internal weather check from Day 3.
Live Performance Cerulean 	A live performance from artist and drag queen Cerulean – Miss First Nation 2021.
Bless This Face 	Drop-in with Kaiit to level up your look! Walk into the weekend with a splash of face glam courtesy of local icon Kaiit!



*Day 4 online program coming soon!

KEY OBJECTIVES

Designed by our Youth Steering Committee, the Future Reset Youth Summit key objectives have guided the YSC on their programming journey.

Anchoring decision making, the key objectives of the Summit are:

To create safe spaces which bridge communities together where all people feel seen, connected and inspired through play, creativity and innovation.

To activate cycles of resource sharing that celebrate the diverse and creative ways young people learn, heal and restore themselves (wellbeing) and their communities.

To critically unpack the connections between institutions and young people through socio-economic, historical and cultural lenses focusing on how these relationships impact young people's wellbeing and sense of place.

The YSC also devised broad themes that are embedded across the program and bring their objectives to life:

REST AND REMEMBER
REIMAGINE AND REDEFINE
RECLAIM AND REWIRE

We honour this land and pay our respects to the true, rightful owners on which the Future Reset Youth Summit takes place in-person – the Wurundjeri People of the Kulin Nation, as well as the lands on which you join us online. We honour and pay our respects to elders past, present and future. We acknowledge the deep history of this soil, the deep knowledge embedded within the Aboriginal community and acknowledge that sovereignty was never ceded. As we share our knowledge practices together we commit to listening, learning, uplifting and working alongside First Nations Peoples in ways that respect their sovereignty.

ABOUT THE FUTURE RESET YOUTH SUMMIT

We are on an incredibly rewarding mission to support young people in Victoria to get 'Future Healthy'. And Future Reset, our latest partnership with the arts sector is moving the dial on young people's mental wellbeing.

Together, we're enhancing mental wellbeing through art and creativity, with young people leading the charge. Because when you put art and young people together, something amazing happens – a future with unimaginable potential!

Picture this:

A safe and inclusive ideation space. Brightest young minds and thought-provoking creatives. Conversations centred around the future of arts and stories of self-care and growth.

Future Reset Youth Summit. A four-day celebration of young people's resilience, creativity, and innovation. One where the like-minded thinkers, artists and young creatives will come together to share inspiration. And deep dive into the relationship between art, social connection, and mental wellbeing.

Whether you are looking for meaningful ways to engage young people, learn what young people want, or just seeking to tap into sector trends and connect with like-minded people, Future Reset Youth Summit is where you want to be!

**Join us online or in-person at the Science Gallery Melbourne
114 Grattan St, Parkville VIC 3052**

**Keep an eye out for these icons
throughout the program to confirm
if a session is online or in-person (or
both!)**



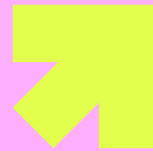
IN-PERSON



ONLINE



THE YOUTH STEERING COMMITTEE



The Summit program has been driven by a spectacular group of young people who have committed to a collaborative approach to dreaming this program. With support, they have drawn from their breadth of knowledge and experience to create opportunities for play, discussion, reflection and calls to action with and for young people as well as creating much needed intergenerational spaces.

Let's celebrate them!



Grace-Ayres Bell

Photograph by
Arun Munoz

Grace-Ayres Bell is a Batjala and Jagera woman from Queensland – her traditional name “Bidgee Birripi” meaning “Rising Sun.” Grace is also from Russian, English & Welsh descent. Grace is 21 years old and currently residing and working in the field of Cognitive Disability Support on Wurundjeri Country in Naarm.

Grace is passionate about alchemising, healing, and transforming self– spirit, body, and mind– through awareness of self, expression through singing and connection to country, self, and spirit. Ultimately, Grace would like to get a degree in psychotherapy, as well as holistic healing and start own trauma, spiritually and culturally informed practice.



Yaw Dadzie

Inspired by his heritage and an intrinsic love for creativity, Yaw Dadzie’s passion for artistic expression spans theatre, music, film, and beyond. As a theatre maker, Yaw has been involved in professional and community theatre projects since 2009, with notable performances at The Malthouse Theatre and Arts Centre Melbourne. Performing under the moniker Yaw Faso, his career in music has seen him receive honorary nominations for Best Reggae and Dancehall Act at the Music Victoria Awards in 2018 and 2019, and collaborate with an array of local and international artists and producers. Being an active performer and creator, Yaw’s involvement in the arts not only sees him on stage, but also working behind the scenes as an educator, mentor and program facilitator in community and broader arts spaces. As an arts practitioner, Yaw believes there is a great importance in tapping into the many forms of creativity, making him forever curious about the infinite expanse of one’s creative self, and the many ways creative freedom can be reached by all beings.

THE YOUTH STEERING COMMITTEE



**Adongwot
Manyoul**

Adongwot is an experienced communications professional, youth advocate and thought leader. As a bi-cultural consultant, radio host and MC, her passions lie in supporting the community to achieve social cohesion through the elimination of racism and discrimination and promoting intergenerational dialogue. As a South Sudanese–Australian woman, Adongwot speaks from a combination of experiences navigating traditional and Western culture in Australia and her academic standing from her double degree in Communication in Journalism and International Studies. In 2019, Adongwot was awarded a Churchill Fellowship to travel the world investigating methods other Western Societies are utilising to achieve genuine and meaningful social cohesion of African Diaspora youth.

In 2022, Adongwot started a disruptive social enterprise which aims to radically change the approach to racism, diversity and inclusion training. Providing a series of workshops, seminars and keynotes aimed at diverse age groups and divergent backgrounds, she explores the concepts of race and prejudice through interactive activities and conversations that challenge young people to critically assess their identity in the current Australian climate and to embrace Australia’s true multicultural identity.



**Yasbelle
Kerkow**

Photograph by
Jacyntha Fa'amau

Yasbelle Kerkow is an Australian–born Fijian artist, and former community arts facilitator of the Narm (Melbourne) based Oceanic art collective New Wayfinders. Her arts practice centres weaving and focuses on promoting Pacific communities in Australia and communicating Pacific stories through the arts. Yasbelle has previously been a finalist in the 2020 Churchie Emerging Art Prize, and a participant in 2021’s Makeshift Publics at Arts House. In 2019 she participated in Next Wave’s Kickstart Program, and in 2018 Footscray Community Art Centre’s Emerging Cultural Leaders program. She is currently working as a Creative Producer for cohealth Arts Gen, an organisation that works at the intersection of creating Arts and Health experiences.

THE YOUTH STEERING COMMITTEE



**Roshani
Jayawardana**

Roshani is passionate about all things community and social justice, especially when it comes to young people. Roshani comes from a research background, and is currently completing her PhD in the field of community psychology. Her doctoral research documents the process of working alongside fellow young people to create youth-led settings and engage in storytelling through creative tools to help platform young people's identities and disrupt dominant narratives that exist about their lives. To feel nourished, Roshani engages in creative practices of dancing, cooking and reading. As a young person, Roshani believes that when young people are empowered in using their voices and see their youth as a strength- anything is possible.



**Ruth Nyaruot
Ruach**

Ruth Nyaruot Ruach is a South-Sudanese multidisciplinary artist, cultural curator and community arts worker. Nyaruot uses art to understand herself, explore elements of her surroundings, heal, liberate herself and validate her blackness. She pays a lot of homage to understanding her cultural identity and what it means to be a black woman on stolen country.

She is a founding member of two artist-led organisation and collective: Next In Colour and Way Over There (WOT collective), and also the Future Reset Project Coordinator at Footscray Community Arts. Nyaruot uses art making as an ancestral practice and as a vehicle for building resilience in creating sustainable practices and processes to empower her community. She believes as a third culture kid, it's her obligation to shape avenues and pathways within the creative fields for the generations of African artists wanting to create and reclaim their narratives.

THE YOUTH STEERING COMMITTEE



Mariam Koslay

Mariam Koslay is a journalist, content creator and youth advocate based in Melbourne, Australia.

Passionate about positive storytelling and creating consistent spaces for celebration, she is a former Fairfax Media Journalist and the creator of African Kings, a mini-documentary series which explores the lives and philosophies of eight African-Australian men in Victoria. She works in the Victorian Youth Justice system and volunteers her time engaging with the African-Australian community to creatively develop strength-based, educational workshops. A poet and script-writer, Mariam is ultimately excited to pour her skills into creating a more cohesive, collaborative society where every young person feels safe to grow and fail.



Mary Quinsacara

**Youth Steering
Committee Facilitator**

Photograph by
Arun Munoz

Mary Quinsacara was born in Chile and raised on Boon Wurrung Country. Being a 90's teenager and attuned to the sounds and meanings of protest music through hip-hop and the Chilean diaspora, this has brought her to the intersections of arts, community, health and education over the last 20 years. Recently returning to study in the field of education research, she continues to channel her practice of centring knowledge and ways of being of Black, Indigenous and People of Colour across formal and community-based sites of education. She loves working alongside children and young people with some of her most memorable and impactful work to date being relationships fostered through MASSIVE hip-hop choir and Sisters and Brothers- an anti-racist and culturally sustaining performing arts curriculum for primary school aged children.

ACKNOWLEDGMENTS

Future Reset Youth Summit is an activation event as part of the VicHealth's [Future Reset](#) initiative.

Future Reset is one of VicHealth's major investment programs that looks to move the dial on creating social connection and enhancing mental wellbeing for young people through the arts.

The initiative has partnered with 9 small-medium arts organisations including:

- [Multicultural Arts Victoria](#)
- [Regional Arts Victoria](#)
- [Arts Access Victoria](#)
- [YIRRAMBOI](#)
- [Arts Mildura](#)
- [The Push Inc.](#)
- [Western Edge Youth Arts](#)
- [Footscray Community Arts](#)
- [Next Wave](#)

Each organisation has also brought into the project a Young Creative Lead who will support the long-term project.

The Young Creative Leads will be featured throughout the Summit as speakers, facilitators and attendees.



WE THANK YOU.

VicHealth acknowledges the support of the Victorian Government.

