



TIMOR AWAKENING 24 GOLD COAST

Friday 16 to Wednesday 21 June 2023



OFFICIAL PROGRAM

Timor Awakening is an immersive peer to peer wellbeing program for veterans; composing holistic health education, group therapy, mentoring, counselling, physical activity, historical commemoration and community development. The TA program is centered around group immersion creating a disruption from participant's routine to take pause, learn about themselves and seize responsibility for a positive direction forward in life. Veterans provide each other with inspiration, practical tools, strategies and routines in overcoming trauma and re-establishing purposeful lives. Timor Awakening operates programs in Timor-Leste and at St Georges Defence Suites in Rainbow Bay on the Gold Coast.

www.timorawakening.com

Prepared by Michael Stone – Program Director
Correct as at 9 June 2023





TIMOR AWAKENING 24 (TA24)



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Day 1 – Friday 16 June 2023

Ser.	Time	Activity	Remarks
1	8am – 6 pm	Travel to St Georges Defence Resort, 192 Marine Parade, Rainbow Bay, QLD	Limited parking available under building. Street parking alternate. Note: early check in secures undercover parking.
2	2 – 4pm	Check-in St Georges Apartments Check in after 4pm is via lockbox, inform reception of late check in: info@stgeorges.net.au	St Georges Defence Suites 192 Marine Parade, Coolangatta
3	4 pm	Facilities orientation.	
4	5 pm	Team prep for dinner.	<i>Team Operasoens</i>
5	6:30 pm	Barbecue Dinner	<i>Team Operasoens</i>

Note: If you are going to be a late arrival, that is any time after 4pm on Fri or outside of Sat reception hours, **please call St. Georges reception directly and arrange a late key entry**. Details are:

St George’s Defence Holiday Suites
192 Marine Parade, Rainbow Bay, Coolangatta.
PO Box 326, COOLANGATTA QLD 4225
Phone: 07 5536 1261 or 07 5536 1609

St. Georges reception is open 9am to 4pm M-F and Sat 9am to 2pm

Day 2 – Saturday 17 June 2023

Ser.	Time	Activity	Remarks
Theme: Grounding			
1	6:30 am	Morning walk along oceanfront Local walk to Point Danger – stretching and breathing	Group activity
2	7:30 am	Breakfast	
3	9 am	Morning Session, Loc: Circle Team building activity - BIG Talk	
4	9:30 am	Welcome and introductions	
5	10:00 am	Morning Tea Break	Self-serve
6	10:30 am	Not-for-Profit Governance and Committee Presentation Presenter – Bob Aley, MSc(Def stud) Dip Mil Stud, FAICD, FACPP, AFAIM, MIMC Emeritus	All
7	12:30 pm	Lunch – Zambrero	
8	2:00 pm	Committee Structure Presentation, Bob Aley	All
9	3:00 pm	Working Group Activity - Review of current processes.	
10	3:30 pm	Afternoon tea	Self-serve
11	4.00 pm	Back-brief overview of current processes with input, comments from wider group.	
12	5:30pm	Circle Time	
13	6:30 PM	Dinner – BBQ	Team Voluntario

Note: TA Working groups – Operations, Volunteering, Partnerships, Communications & Fundraising, Health & Welfare.





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Day 3 – Sunday 18 June 2023

Ser.	Time	Activity	Remarks
Theme: Relationships			
1	6:30 am	Morning Walk / Swim	Individual activity
2	7.30 – 8:30 am	Wash and Breakfast	
3	9:00 am	Morning Circle Time – peer experience	Reflection on/ since your last TA
4	9:30 am	Working Group Activity - SWOT.	SWOT for development of various TA processes.
5	10:30 am	SWOT back brief with group input.	
6	11:15 am	Walk to Tweed Heads Bowling	
7	11:45am - 2pm	Bowling competition and lunch	Tweed Heads Bowling
8	3 pm	Breathwork session	
9	3.30 pm	Cold water therapy	
10	5.30 pm	Circle Time	
11	6.30 pm	Dinner – Group Dinners	Outside of St Georges

Day 4 – Monday 19 June 2023

Ser.	Time	Activity	Remarks
Theme: Mindset			
1	6:30-7:20am	Volleyball / Alternate walking	
2	7:30 am	Breakfast	
3	9:00 am	Morning Circle Time and Briefing	
4	9:30-11:00am	Working Group Activity – Priority Tasking.	
5	11:00 am	Morning Tea	
6	11:30 am	Report back on priority tasks – group. Feedback and group input.	
7	12:30pm	Lunch – BBQ / Wraps	<i>Team Hamutuk</i>
8	14:00pm	Rest / Read / Swim	
9	5:30 pm	Circle Time	
10	6:30 pm	Dinner – No organised dinner	Free night





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Day 5 – Tuesday 20 June 2023

Day 6 – Wednesday 21 June 2023

Ser.	Time	Activity	Remarks
Theme: Body			
1.	6:30 am	Self-serve Breakfast	
2	7:30 am	Depart St Georges	Currumbin Bus
3	8:30 am	Yoga of Self Yoga, Currumbin Valley	Team A – Yoga then Gardening
4	9:00 am	Veterans Organic Garden Volunteering Freemans Farm, Currumbin Valley with David Freeman	Team B – Volunteer Gardening
5	10:30 am	Pick up Team Yogi drive to Freemans Farm	Join Team Green Thumb
6	12:00 pm	Volunteer lunch – Avo’s on toast	
7	13:30 pm	Return to St Georges	
8	2 – 4pm	Reflection and grounding time	Read, surf, rest.
9	4:00 pm	Circle Time	
10	6:30 pm	Dinner - BBQ	Team Buka Osan

Ser.	Time	Activity	Remarks
Theme – New beginnings			
1	6:30 am	Self PT – Surf/Swim/Walk or Morning Service	
2	7:30 am	Breakfast – Self Serve	
3	8:30 am	Pack up	
4	10:00 am	Check Out	

END OF PROGRAM – Obrigado

Admin Notes.

ALL – Bring gardening clothes including gardening gloves if you have.

Currumbin Valley coaches - [1300 794 373](tel:1300794373), Driver: Dennis French - 0409 361 949

Hugh Jack, Yoga of Self: 0433 413 988



Veterans Care Association Inc.
Holistic Care of Body Mind & Soul for Veterans, Families & Carers
Reg. Charity No: CH2629 | ABN: 97 213 464 172



RSL
Queensland





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Group Workshop Sessions

- Time:** 3pm, Sat 17 Jun. **Duration:** 30mins. **Objective:** Overview of current TA processes. **Output:** List of processes, comments (on butcher paper for group, on word document for report).
- Time:** 4pm, Sat 17 Jun. **Duration:** 5 min per group. **Objective:** Back-brief overview of current processes with input, comments from wider group. **Output:** List updated on word document.
- Time:** 9:30am, Sun 18 Jun. **Duration:** 1 hour. **Objective:** SWOT Analysis. **Output:** SWOT analysis completed and recorded on butchers paper and on word document, including action items and goals.
- Time:** 9:30am, Sun 18 Jun. **Duration:** 5 min per group. **Objective:** SWOT back-brief with input, comments from wider group. **Output:** SWOT report updated to include group comments.
- Time:** 9:30am, Mon 19 Jun. **Duration:** 90 Minutes. **Objective:** review and list priority tasks. Start working on plans to complete priority task, including Task, Resource requirements, timeline. Individuals can be allocated to work on tasks immediately. **Output:** Defined task list, Resources Required, plan for execution.
- Time:** 11:30am, Mon 19 Jun. **Duration:** 10 min per group. **Objective:** Back-brief list of priority tasks with input, comments from wider group. **Output:** Task list on word document including group input.

Operations ‘Team Operasoens’

Facilitator: Mick Lay

Team: Rowena Langan, Michael Caldwell, Kelly Harding, Jeff McLaren.

- Participant administration.
- Database of programs, lessons, templates, planning materials and resources for TA.
- Resource planning for conduct of TA and other activities. Ie. Budget, facilities, goods, services.

Volunteer Management ‘Team Voluntario’

Facilitator: Scott McAndrews

Team: Pete Parton, Darryl Ryan, Rick Mann

- Volunteer Management.
- Peer Mentor / facilitator guidance.

Partnerships (Relationships) ‘Team Hamutuk’

Facilitator: Justin Ansell.

Team: Dan Gosling, Rob Schreuder, Colin Ahern.

Funding Partner relations. (Contracts, reporting, recognition, ESO and wider veteran health community, Government advocacy. Timor-Leste partnerships.

Communications and Fundraising ‘Team Buka Osan’

Facilitator: Jason Taane

Team: Matt Wallace, Michael Albrecht, Kat Wood.

Communications and marketing, Raising awareness, Websites, Social media, Corporate Fundraising outreach. Fundraising coordinators (TA, Sabeh, Veteran Education Centre Same / AHHA, Pro Ema).

Health and Welfare ‘Team Saude’

Facilitator – Matt Pepper

Workshop team: Gary Stone, Luke Hilton, Candice Carroll.

- Health policy for medical welfare on programs.
- Health philosophy and approach for Timor Awakening Programs.
- Community engagement health support in TL and Australia.
- TA Staff welfare, personal development and self-care.
- TA Evaluations and Reporting.

