



TIMOR AWAKENING 26

GOLD COAST

Saturday 17 to Sunday 25 February 2024



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 Jason Taane – Executive Officer
Correct as at 14 February 2024





TIMOR AWAKENING 26 (TA26)



Sat 17 to Sun 24 February 2024



Day 1 – Saturday 17 February 2024

Ser.	Time	Activity	Remarks
Theme: Orientation			
1	11 am – 1:30pm	Travel to St Georges Defence Resort, 192 Marine Parade, Rainbow Bay, QLD	Parking available underneath building after check-in.
2	1:30 – 2:00pm	Check-in St Georges Apartments	St Georges Defence Suites 192 Marine Parade, Coolangatta
3	2:00 – 3:00pm	Self-familiarisation with neighbourhood – local own lunch arrangements	
4	3:00 - 4:30pm	Pre-Program Interviews with Peer Mentors	
5	4:30 pm	Afternoon Tea	
6	5:00 pm	Opening session. Introductions. Admin brief of TA. Intro to Circle Time.	Lounge Area Lead: Mick Lay
7	6:30 pm	Dinner – St Georges	Rick Mann’s Team

Day 2 – Sunday 18 February 2024

Ser.	Time	Activity	Remarks
Theme: Grounding			
1	6:30 am	Morning walk along oceanfront Local walk to Point Danger and stretching	Lead: Scott Mac
2	7:30 am	Breakfast	
3	8:30 am	Morning Session, Loc: Circ, more introductions.	Lead: Mick Stone
4	9:15 am	Welcome and overview brief	Lead: Mick Stone
5	10:00 am	Morning Tea	
6	10:30 am	Big Talk – Communication / active listening	Lead: Mick Lay Video: Big Talk
7	12:30 pm	Lunch – Rear BBQ area at St Georges	1:30 pm - QOV
8	2:00 pm	Siesta / Swim / Admin	
9	3:30 pm	Holistic Health Overview, Loc: Circle (30 mins)	Lead: Gary Stone
10	4:00 pm	Afternoon Tea	
11	4:30pm	TA Wellbeing Plan Introduction, Loc: Circle (20 mins)	Lead: Pete
12	5:00 PM	Circle Time: grounding and share, Loc: Circle	Lead: Mick Lay
13	6:30 PM	Dinner – Rainbow Bay SLSC	Rick Mann’s Team





TIMOR AWAKENING 26 (TA26)



Sat 17 to Sun 24 February 2024



Day 3 – Monday 19 February 2024

Day 4 – Tuesday 20 February 2024

Ser.	Time	Activity	Remarks
Theme: Relationships			
1	6:30 am	Morning group exercise session	Lead: VHA
2	7.30 – 8:30 am	Wash and Breakfast	
3	8:30 am	Morning session – Loc: TV Room Book Review Introduction	Lead: Pete Meditation - Compassion
4	9:00 am	Relationships	Lead: Mick Lay
5	10:00 am	Morning Tea	
6	10:30 am	PTSD, Moral Injury and Social Isolation John White, DSC Video Viewing	Lead: Scott Mac
7	12:30 pm	Lunch – Takeaway – Eat across the road	Rick Mann’s Team View of the ocean
8	1:30 pm	Book Reading Time – Outdoors in loc lunch loc	
9	2:30 pm	Suicide Prevention Introduction and syndicate discussion	Lead: Gary
10	3:30 pm	Compassion Fatigue	Lead: Darryl
11	4.00 pm	Circle time	Lead: Candice
12	5:15 pm	Personal time to enjoy sunset / surf / swim	
13	6:30 pm	Dinner – St Georges Dining Area	Rick Mann’s Team

Ser.	Time	Activity	Remarks
Theme: Body			
1.	6:30 am	Morning Health Activity	Lead: Darryl
2	7:30 am	Breakfast	
3	8:30 am	Meet out front of St George	
4	9:00 am	Surfing Lesson – Rainbow Bay https://www.coolangattalearnsurf.com/ POC: David - coolylearn2surf@hotmail.com	Lead: Scott Mac Booked for 9 am.
5	12:00- 1:00 pm	Lunch BBQ	Rick Man
6	1:00 pm	Siesta / Swim / Admin	
7	2:00 pm	Breath Work Session	Scott & Darryl
8	3:00 pm	Sleep Management – Loc: TV Room	Lead: Dan
9	4:00 pm	Afternoon Tea	
10	4:30 pm	Circle Time – Reflections of the day	Lead: Scott Mac
11	6:30 pm	Dinner – Team dinners	Team discretion





TIMOR AWAKENING 26 (TA26)



Sat 17 to Sun 24 February 2024



Day 5 – Wednesday 21 February 2024

Ser.	Time	Activity	Remarks
Theme: Nutrition			
1	6:30-7:20am	Movement Circuit	Lead: VHA
2	7:30 am	Breakfast	
3	8:00am	Bus departs for Yoga	
4	9:00-10:00am	Movement/Mat Pilates Session at Rhythm Wellness	Lead: Pete
5	10:30–3:00PM	Veterans Organic Garden Activity	Freemans Farm, Currumbin Valley Veterans David Freeman and Sean De Gelder
6	2:30 pm	Return to Rainbow Bay	
7	3:00 pm	Siesta / Swim / Admin	
8	4:00 pm	Afternoon Tea	
9	4:30 pm	Circle Time: Reflection	Lead: Dan Meditation – Mind and Body
10	6:30 pm	Dinner – Rest night	

Day 6 – Thursday 22 February 2024

Ser.	Time	Activity	Remarks
Theme: Body			
1	6:30 am	Beach Volleyball – Rainbow Bay	Lead: Darryl
2	7:30 - 8:00 am	Breakfast	
3	8:30 am	Morning session – TV Room: accountability, habits	Lead: Mick Stone
4	8:50 am	Jen Jefferies (Fuelling the body & Mind)	Lead: Jen
5	10:00 am	Morning Tea	
6	10:30 - 12:30pm	Jen Jefferies	
7	12:30 pm	Lunch @ St Georges	Rick Mann’s Team
8	1:30 pm	Mindfulness practice: Ice baths	Lead: Scott
9	3:30 pm	Afternoon Tea	
10	4:00 pm	Circle Time – Loc: TV Room then move to circle	Lead: Pete Parton
11	5:15 pm	Beach sunset	
12	6:30 pm	Dinner – St Georges	Rick Mann’s Team





TIMOR AWAKENING 26 (TA26)



Sat 17 to Sun 24 February 2024



Day 7 – Friday 23 February 2024

Ser.	Time	Activity	Remarks
Theme: Purpose			
1	6:30 am	Group EP Session, Loc: meet out front	Lead: VHA
2	7:30 am	Breakfast	
3	8:30 am	Morning Session – Loc: Circle	Lead: Jason
4	8:50 am	Finding your purpose – Loc: TV Room	Lead: Mick Lay
5	9:20 am	Break	
6	9:30 am	Addictions	Lead: Scott Mac
7	10:00 am	Morning Tea	
8	10:30 am	VETS, Timor Programs, Participant Resources	Lead: Michael Stone
9	11:20 am	Break	
10	11:30–12:15pm	Growth Mindset	Lead: Pete
11	12:30 – 1:30pm	Lunch (Rainbow Bay Surf Club)	Rick Mann
12	2:00 pm	Siesta / Swim / Admin	
14	3:00 pm	Health and Well-being plan	Team Leaders
15	4:00 pm	Afternoon tea	
16	4:30 pm	Individuals explain their chosen book – Outdoor Area	Lead: Pete
18	5:30 pm	Circle time, Loc: Outdoor Area	Lead: Gary
19	6:30 pm	Dinner – Free night	

Notes.

RSLQLD delegate to attend 0830-1230

Day 8 – Saturday 24 February 2024

Ser.	Time	Activity	Remarks
Theme – Decompression, Evaluation and Transition			
1	6:30 am	Self PT – Surf / Swim / Walk	
2	8:00 am	Wash and Breakfast	
3	8:30 am	Morning session – Forgiveness Loc: Circle	Movie Intro: Hero’s Journey Lead: Gary
4	9:30 am	Evaluation paperwork / Tablets explained	Lead: Candice / Jason
5	10:00 am	Interviews with Peer Mentors – session 1	Concurrent: Podcast Interviews
6	11 am	Morning Tea	
7	11-12:00 pm	Siesta / Swim / Admin	
8	12:00 pm	Lunch	BBQ
9	12:45- 3:00 pm	Interviews with Peer Mentors – sessions 2+3	Concurrent: Podcast Interviews
10	3:00 pm	Transitions	Gary leads group discussion
11	3:40 pm	Afternoon tea	
12	4:00 pm	Final Circle Time	Lead: Mick Lay
13	5:00 pm	Beach sunset – families and friends invited.	
14	6:00 pm	Dinner – Beach	Rick Mann’s Team

Notes.





TIMOR AWAKENING 26 (TA26)



Sat 17 to Sun 24 February 2024



Day 8 – Sunday 25 February 2024

Ser.	Time	Activity	Remarks
Theme – New beginnings			
1	6:30 am	Self PT – Surf/Swim/Walk	
2	7:30 am	Morning Service	Lead: Gary (Chapel Service)
3	8:00 am	Breakfast – Self help	
4	10:00 am	TA Support Team debrief	Conference Room
5	Check Out	Office not open Sunday – see below.	Check out Sunday or Monday at office before 9am.
6	Meals	Own responsibility – feel free to enjoy leftovers.	

All participants are welcome to check out any time on Sunday or stay until Monday morning and check out by 10:00am.

END OF PROGRAM – Obrigado



THANK YOU TO OUR SPONSORS



RSL
Queensland



Brisbane
City Council



CITY OF
GOLDCOAST.

And Partners



Lago.



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

