



13th Annual



Retreat

for



YOUNG WOMEN

CREATE. IMMERSE. EMPOWER. CELEBRATE.

50 YOUNG WOMEN

15 LEADERS

4 DAYS AWAY

30th September - 3rd October 2019 | www.bridgebuilders.com.au

About Bridge Builders

Bridge Builders Ltd is a National, not-for-profit youth organisation, delivering youth services around Australia. As a charity, we don't receive any government funding for the youth services that we provide and we rely solely on Business Partnership, events and our dedicated volunteers to be able to provide the life changing work we do in the community. We aim to influence and grow the lives of young people, and we use events and business enterprise as a way of engaging and developing young people. Youth engagement and development are two of the most important elements of what we do. We recognise that using specialised programs and youth run events are the most effective way of engaging young people.

Mission Statement:

To create positive opportunities in our community where young people can physically, emotionally and spiritually grow, enabling them to reach their full potential.

UR Retreat

'UR Retreat' has been designed into an awesome opportunity for young women across the Yarra Ranges, Maroondah City Council, Knox City Council and surrounding areas to participate in a four-day breakaway retreat, which will aim to achieve the following: **Create; Immerse; Empower; and Celebrate.**

The 'UR Retreat' will incorporate numerous workshops, guest speakers and activities that will aim to challenge, motivate, empower, explore, discover and celebrate their skills and talents as young women. Such workshops may include:

Positive Body Image / Self Esteem
Art & crafts (Creative Expression)
Mental Health
Resilience
Outdoor activities such as High Ropes
Cyber Bullying Education
Skin Care
Personal Development / Goal Setting
Peer Influence
Relationship skills

Now in its 12th year, the UR Retreat has positively changed the direction of hundreds of young women and we are committed to continuing to change the lives of thousands more. The UR Retreat is such a unique and empowering camp, we have had the honour of hosting some incredible guest speakers, such as;

Gillian Franklin – Managing Director – Heat Doward
Casey McKinlay – Director – The Promotions Company
Gianna Lucas – Director – The Promenade with Me Podcast
Liz Cambage – Athlete – Australian Basketball Team
Nicole Gibson – CEO/Founder – Rogue & Rouge
Sharon Witt – Author – Teen Talk Series
Mel Jack – Manager – No Regret's Personal Training

Process for nominating participants;

1. Complete an **Expression of Interest** form and email it to bonnie.knight@bridgebuilders.com.au
2. We will contact participants and send them a **Participant Pack** with relevant camp forms
3. If you have any **questions** please contact our team on 1300 640 160 or visit www.bridgebuilders.com.au