

STAND TALL 2023

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PROGRAM AND TIMES

Morning Session

9:30 AM Opening Performance

9:35 AM Welcome by Mr Geoff Donaghy,
Chief Executive Officer ICC Sydney

9:40 AM Molly Croft- Co-Founder of the Tie Dye project,
Cancer survivor and Inspirational speaker

10:00 AM Nicho Hynes - Winner 2022 NRL Dally M award
Interviewed by Nick Farr-Jones AM

10:15 AM Actress Interviews from Get Free Film

10:20 AM Stretch Break & Student Dance Competition

10:30 AM The Hon. Rose Jackson, MLC
Minister for Mental Health, Minister for Youth

10:35 AM Michael Crossland - International Speaker,
Founder of orphanage in Haiti & Author

11:20 AM Jael Wena Performance - Australia's entrant in
the Junior Eurovision Song Contest

11:30 AM **Lunch Break**

Afternoon Session

12:20 PM Timomatic Performance - Singer, Dancer & Actor

12:40 PM Matt Purcell - Award-winning Entrepreneur and
Speaker

1:00 PM Anna Cocquerel - Actress, Former Home and
Away star

1:15 PM Derek Rabelo - Blind big-wave surfer and
author

1:30 PM Jael Wena with St Ignatius' Riverview Choir
Survey

1:50 PM Craig Johnston - One of Australia's greatest soccer
players. Interviewed by Nick Farr-Jones AM

2:00 PM **Finale**

Event concludes at 2pm. These program times are approximate and subject to change

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Speaker 1 : Molly Croft



Look for a rainbow in everyday - What's your rainbow today?

Having a heart of gold is where I believe all rainbows begin.

I see myself as one of the lucky ones.

I am still here for a reason.

Even though it is hard to **talk** about our journeys, it is often through difficult times we start to discover the person we want to **become**.

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Speaker 2 : Nicho Hynes



Don't let your 5 year old self down.

Surround yourself with people who want you to be **successful** as bad as you do.

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Speaker 3 : Michael Crossland



- Adversity doesn't define us, how we deal with it does!
- We must give without remembering and receive without forgetting.
- We must stop taking criticism from those we would not take advice from.
- Your value does not decrease based on one's inability to see your worth.
- Stay in the present and keep your head/mind where your body is at.
- We must give without remembering and receive without forgetting.

Progress is a powerful way to **silence the voice** in our head that tries to tell us we can't.

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Speaker 4 : Matt Purcell



Our Words Create Worlds. Research has shown that the most common form of abuse in our culture is not physical, but verbal abuse.

What are our verbal blocks?

Whoever asks the question holds the power. 3 verbal punch combo to defeat gossip and rumors

Jab _____

Cross _____

Hook _____

Self Awareness.

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Speaker 5 : Anna Cocquerel



- Being different is a superpower.
- If you are anxious, you are not alone.
- If you let go of judgement of others, hopefully they can stop judging you

If it is out of your control, then it deserves **freedom** from your mind.

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Speaker 6 : Derek Rabelo



Derek Rabelo is a blind big-wave surfer and author who was the first blind person to ride Pipeline and other monster waves in Hawaii and Nazare in Portugal. Derek has overcome significant adversity in life, defying the odds and re-defining what it means to believe in yourself and never stop chasing your dreams.

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Speaker 7 : Craig Johnston



Know where you come from ..

Know where you're going to..

Know how to get there..