

SESSION PLAN – WISDOM & WELLBEING

Suggestions for Organising Guest Speakers

Guest speakers for the Wisdom & Wellbeing program could be sourced from:

- A range of local organisations
- Members of the Surf Life Saving Club
- Silver Salties participants.



The focus for the Wisdom & Wellbeing program is to promote wellbeing including physical, social and mental wellbeing. A secondary focus is the promotion of beach safety and environmental awareness.

Specific details to talk to guest speakers about

- Be clear about the amount of time the guest speaker can speak and the format you will follow e.g. presentation and then questions from the floor?
Afternoon tea?
- Explain that there will not be any references to: Religion, Politics, Money, Sale of products
- Provide details about the room and equipment for their records.
- Go through a suggested presentation format (see below).



Suggested presentation format

You could suggest that guest speakers consider the following to help them plan their presentation and effectively engage participants.

1. Use an attention-grabbing opening

This could be a personal story, an unusual fact, an amazing statistic, an interesting image.

2. Provide a personal introduction

Explain who they are, what organisation they represent, their background, interests.

3. Outline the aim of the presentation

Provide a clear statement about what the key message/call to action will be during the presentation.

4. Share information about the organisation/message/idea and its relevance to wellbeing, beach safety or environmental awareness.

Go through the 5 Ws about the organisation/message/idea being explored in relation to wellbeing, beach safety etc i.e. What, Why, Where, When, Who.

5. Ask the audience for their opinions and include them whenever possible

Include opportunities to ask the audience what they know about the topic, their thoughts on an issue, a quick survey of hands up etc.

6. End with an interesting and attention-grabbing moment!

Wrap up the presentation by re-stating the aim of the presentation and key points; then end as they started i.e. summarise key points, any calls to action, and an attention-grabbing moment e.g. statement, image, joke, statistic etc.

Information about relevant organisations for sourcing guest speakers

Topics and relevant guest speakers could include:

- **Physical wellbeing:** Nutrition Australia , HealthInsite
- **Social wellbeing:** Broadband for Seniors, Seniornet Association , Greypath, Tourism Australia, Red Cross Aged Care Services, Sing Australia



- **Mental wellbeing:** Online University of the Third Age (U3A) , The Positivity Institute , Black Dog Institute , Alzheimer’s Australia, The Australian Men’s Shed Association, The Garden Clubs of Australia Inc
- **General:** National Seniors Australia, Australian Over50s Living and Lifestyle Guide, MyAgedCare

This section provides website links to a range of relevant organisations.

[COTA – For older Australians](#)

COTA Australia is an advocacy organisation which lobbies for action at a national level on issues affecting seniors.

[Older People Speak Out \(OPSO\)](#)

An independent, free-spirited group with the experience, knowledge and qualifications to speak out on older people’s issues without fear or favour.

[My Aged Care](#)

My Aged Care is the Australian Government’s starting point on your aged care journey. Find and access the government-funded services you need.

[Department of Human Services](#)

This Department helps with payments and services if you’re retired, planning for retirement or looking to work past Age Pension age.

[Australian Institute of Health and Welfare](#)

The Australian Institute of Health and Welfare is Australia's national agency for information and statistics on Australia's health and welfare. Statistics and data developed by the AIHW are used extensively to inform discussion and policy decisions on health, community services and housing assistance.



[Australian Government web site for Seniors](#)

This is the Australian Government's premier source of information for Australians over 50. It provides a single point of access to Government and non-Government information and services for older Australians.

[National Seniors](#)

National Seniors is a not-for-profit membership-based community organisation which has as its major objectives: To provide economic and social benefits for people 50 years and over; represent its members' views to Government at all levels; and to make donations and provide service and advice to charitable institutions assisting people 50 years and over.

[Australian Local Government Association](#)

This website will help put you in touch with your local council so that you can access sport and recreation physical activity programs.

[Beyond Blue](#)

Beyond Blue is an Australian independent non-profit organisation working to address issues associated with depression, suicide, anxiety disorders and other related mental disorders.

[The Positivity Institute](#)

The Positivity Institute (PI) is a positively deviant organisation dedicated to the research and practice of wellbeing science for life, school and work. PI's BHAG (big, hairy, audacious goal) is to create flourishing lives and increase the wellbeing of the world!

[Black Dog Institute](#)

The Black Dog Institute is dedicated to understanding, preventing and treating mental illness.

[Alzheimer's Australia](#)

The peak body providing support and advocacy for the 500,000 Australians living with dementia.



[About Seniors](#)

A comprehensive listing of information and links of interest for seniors to Australian and State government departments, national and State associations, community service groups, aged care and retirement housing information, as well as to seniors' lifestyle interests such as computing, health, finance, hobbies, sport and travel.

[U3A \(University of the Third Age\)](#)

U3A Online allows U3As to share ideas, resources and information through the Internet and to encourage older people to harness its educational potential. The site lists all U3As in Australia and New Zealand, has links to useful resources, lists electronic educational courses, allows enrolment and has calendar of events. Special short courses are available for persons isolated by location or by physical or social circumstances.

[Volunteering Australia](#)

This is the national peak body working to advance volunteering in Australia. Here you can find the definition and principles of volunteering, a model code of practice for organisations using volunteers, volunteers' rights and contact details for all state/territory Volunteering Centres.

[SeniorNet Association](#)

Dedicated to helping Seniors use computers and the Internet.

[Greypath](#)

Gateway to the internet for retirees and seniors.

[HealthInsite](#)

Provides up-to-date quality assessed information on important health topics.



[Nutrition Australia](#)

Nutrition Australia is a non-government, non-profit, community-based organisation with offices throughout Australia. Nutrition Australia is an independent, member organisation that aims to promote the health and wellbeing of all Australians.

[Carers Australia](#)

Carers Australia is the national voice of carers. Carers are usually family members who provide support to children or adults who have a disability, mental illness, chronic condition or who are frail aged. Carers can be parents, partners, brothers, sisters, friends or children.

[Probus](#)

Probus is all about Friendship, Fellowship and Fun in retirement. Probus provides you with the opportunity to join in clubs and to progress healthy minds and active bodies through social interaction and activities with retirees in your community.

[Rotary Australia](#)

Australian Rotary Clubs are part of an international network of business, professional and community leaders who strive to make the world a better place through practical efforts. Through Rotary International, the reward of "paying it forward" unites men and women from different backgrounds, cultures, religious and political beliefs the world over, allowing ordinary people to do extraordinary things.

[Lions Clubs Australia](#)

One more member gives us two more hands to do service in our community, at home and internationally. At Lions we make things happen.

[The Australian Men's Shed Association](#)

Men's Shed provides a safe and busy environment where men can find many of these things in an atmosphere of old-fashioned mateship. And, importantly, there is no pressure. Men can just come and have a yarn and a cuppa if that is all they're looking for. The Australian Men's



Shed Association is the national service provider to more than 1000 Men's Sheds in Australia – providing practical support, specialised services and resources.

[Red Cross Aged Care Services](#)

The Red Cross Aged Care Services provide a range of support to older people. You can be matched one-on-one with a friend, receive regular caring welfare calls, be driven to appointments, be provided with a personal alarm or be delivered a healthy meal. We can also support you to access appropriate housing and care.

[Sing Australia](#)

Sing Australia accepts that everyone can sign and makes no judgement on how well that happens. It is inclusive and welcoming of everyone. It is about making happy connections with people from all walks of life and demographics within groups and through performances, gatherings, tours and impromptu opportunities to sing.

[Bowls Australia](#)

Bowls Australia (BA) is the national sporting organisation responsible for the leadership, development and management of lawn bowls in Australia.

[The Garden Clubs of Australia Inc](#)

The Garden Clubs of Australia Inc. is a non-profit organisation that provides a range of services to our Affiliated Members with a current membership of 718 affiliated clubs representing more than 45,000 individuals.

[Tourism Australia](#)

Ideas about things to do and places to go in Australia! There are also state and territory tourism organisations which would include a range of information and could provide ideas for a guest speaker/presentation for the Wisdom & Wellbeing Club.