



MONDAY | NOVEMBER 13, 2017 | 9-5.30PM

Tickets

# PERFORMING ARTS WELLBEING SUMMIT

AT: THE STUDIO, SYDNEY OPERA HOUSE  
MORE INFO: [TNN.ORG.AU/TNNEVENTS/SHOW-GO-ON-2017](http://TNN.ORG.AU/TNNEVENTS/SHOW-GO-ON-2017)

PRODUCED BY THEATRE NETWORK NSW (TNN)  
& THE NSW PERFORMING ARTS & SCREEN WELLBEING WORKING GROUP

**AM**

- 8:00AM REGISTRATION DESK OPEN & BREAKOUT SIGN-UPS
- 8 - 9AM YOGA
- 9:00AM WELCOME TO COUNTRY
- 9:05AM SUMMIT OPEN WITH LEX MARINOS
- 9:10AM SYDNEY OPERA HOUSE CHOIR WELCOME
- 9:20AM SUMMIT CALL TO ACTION: RECORDED WITH DEBORAH MAILMAIN
- 9:30AM KEYNOTE: SUSAN COOPER, ENTERTAINMENT ASSIST
- 10:00AM KEYNOTE: FAY JACKSON, NSW MENTAL HEALTH DEPUTY COMMISSIONER
- 10:45AM JOINT Q&A WITH KEYNOTE SPEAKERS
- 11:00 AM MORNING TEA
- 11:30AM LOOKING TO OTHER INDUSTRIES: JEPSON FOUNDATION
- 11:50 AM A VICTORIAN APPROACH: ARTS WELLBEING COLLECTIVE

**PM**

- 12:00PM PERFORMANCE: MENTAL HEALTH FIRST AID CHEERLEADERS (MILK CRATE THEATRE)
- 12:10PM FACILITATED SECTOR BREAKOUTS (WITH ENTERTAINMENT ASSIST & EVERYMIND) AS PART OF THE NATIONAL AAWE ALLIANCE
- 12:10PM CONSECUTIVE BREAKOUT: FAMILIES/SUPPORT PEOPLE OF ARTS WORKERS (WITH MARK SETON)
- 1:10PM LUNCH - DURING LUNCH YOU CAN PICNIC OUTSIDE, VISIT THE DROP IN LOUNGE OR CONNECT WITH OTHERS

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2:00PM PANEL: WHAT IS WELLBEING? HOW DO WE GET IT?  
CHAIR: DR KATE REID WITH  
ANDREA WARR (WISERLIFE), FAY JACKSON (FLOURISH),  
SIMON WARD (EQUITY WELLNESS), ALISON EBELING (TAFE  
NSW), MARGOT POLITIS (SELF HELP ARTS) & DR MARK  
SETON (ASPAH).

3:00PM AFTERNOON TEA

3:30PM BREAK-OUT WORKSHOPS (SIGN UP AT REGISTRATION DESK)  
1. RESILIENT VULNERABILITY ©MARK SETON  
2. HOW MINDFULNESS CAN HELP THE SHOW GO ON : ROBERT MEREDITH  
3. INDUSTRY-LED INTERVENTIONS WITH BETHWYN SEROW  
4. GOING ON TOUR WITH PENNY WATTS & EMILY COLLINS  
5. GOING SOLO - ADVICE FOR INDEPENDENTS & SMALL  
BUSINESS WITH MONICA DAVIDSON

**PM**  
**CONT.**

4:30PM PRESENTING POSITIVE STORIES OF CHANGE IN OUR  
SECTOR : PECHA KUCHA SESSION

5:15PM CLOSING REMARKS AND FUTURE ACTIONS

5:30PM SUMMIT CLOSE

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# a little page to give a big thank you to:

## How Can The Show Go On? Major Partners

Create NSW

Sydney Opera House

## NSW Performing Arts & Screen Wellbeing Working Group

- Jane Kreis, Theatre Network NSW (TNN)
- Mark Seton, University of Sydney, Australian Society for Performing Arts Healthcare (ASPAH), and Australian Actors Wellbeing Study
- Bethwyn Serow, Australian Major Performing Arts Group (AMPAG)
  - Penny Watts, Monkey Baa
  - Judith Bowtell, Milk Crate Theatre
- Irene Lemon, Magic Electricity Box & Creative Plus Business
  - Michelle Silby, Ausdance NSW/VIC
  - Emily Collins, Music NSW
- Helen O'Moore, ACFIPS) NSW Creative Industries Training Advisory Body
  - Morwenna Collett, Accessible Arts NSW
  - Gill Perkins & Imogen Gardam, Bell Shakespeare
  - Yolande White & Suzie Franke, CDP Productions
- Jenny Muldoon & Angela Bateman, Sydney Opera House
- Kingston Anderson, Australian Directors Guild & Australian Screen Directors Authorship Collection Society

## Program Partners

Entertainment Assist

Everymind

The Arts Wellbeing Collective

Equity Wellness Committee

WiserLife

TAFE NSW

NSW Mental Health Commission

Jepson Foundation

APM Graphics

Self-Help Arts

Flourish Australia

The Potential Project

Australian Alliance for Wellness in Entertainment (AAWE)

Special thanks to Lex Marinos (MC) & Katrina Regan (Event Manager)  
and to all our participants & delegates on the day