



BIG SISTERHOOD

Where girl talk gets real....

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SISTERHOOD

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Where girl talk gets real . . .

Big Sisterhood is a modern resilience program tailored for teen girls.

Promoting wellness, self-love and awareness through various storytelling and expressive art forms, we are here to share, inspire and give young women a safe place to be vulnerable. Most importantly, we help them find self-respect and confidence within.

Big Sisterhood's VISION is to live in a society where every female feels confident within themselves, and is supported to develop a healthy self-worth through recognising and celebrating their unique qualities.



**Interactive
D & M Sessions**

2 hours

4 Speakers

+ Live Music + Song + Dance

60 minutes

1 Speaker

+ Guest Speaker

+ Focussed Topics

+ Personal Experiences

1 - What is Big Sisterhood?

As women, we are bombarded with mixed messages from media and social platforms, and it is often hard to work out what is real and authentic. We are told how to look and live, but rarely do we see real life... the challenges, the struggles, the pressures, and basically just... real stuff. That's why we feel that it is so important that young women have positive, REAL role models in their lives to discuss certain issues they may be experiencing.

We are the **Big Sisterhood** - powerful women and gender diverse people who work to build resilience, share coping strategies and create community togetherness for young people. An eclectic group, we have come together to share our individual stories and life experiences with students in a safe and inclusive environment. Inspirational role models within our communities and nationally, we are passionate about making a positive change for young girls and women.

Through story-telling, we **create** awareness around real topics such as... mental health, body image, diversity, cultural differences, social media pressures, cyber safety, broken homes, sexuality/gender, LGBTIQA visibility and school/social culture.

This innovative and empowering program also includes elements of dance, live music and songwriting, all with a sprinkle of humour, to engage and connect with the younger generation. Australia-wide, we aim to engage with students and young adults, encouraging them to have authentic and real conversations to help balance their use of technology. With resilience as a focus, **Big Sisterhood** fuse REAL TALK, current social issues, and entertainment to connect with and support the female youth of today.

www.bigsisterhood.com.au

The logo for Big Sisterhood is a circular emblem with a dark purple, textured background. The words "BIG SISTERHOOD" are written in a light blue, stylized font across the center. The "BIG" is on the top line and "SISTERHOOD" is on the bottom line, with a small hyphen between them.

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2 - D & M Program Overview

Where girl talk gets real . . .

Building Resilient Women

Acceptance of life events, building self-awareness and promoting confidence

'D&M' is an interactive in-school session designed for teen girls to empower and promote confidence through the use of story-telling and contemporary arts. We have engaged several charismatic speakers who are passionate about sharing their stories and experiences as a way to explore and provide helpful strategies to combat life's challenges.

Each presenter has faced and overcome different emotional hurdles throughout their lives, which enables them to provide a real and open perspective to the program participants. In our time with the girls, we use our individual life stories to demonstrate resilience and encourage them to develop a healthy mind and body relationship.

Session options

2 Hour Show

All-inclusive show, comprising of four speakers who explore a variety of relevant topics and issues, featuring live music, song and dance.

60 Minute Show

A focussed session with one individual speaker plus a guest speaker, addressing their own particular topics and experiences.

Add- On Sessions

Option of adding one or more interactive workshops to keep students active through the arts and sport. Variety of dance / song workshops, AFL football sessions and cultural dance / Wayapa practise. See pages 10 & 11.



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3 - Megan Ibrahim

Growing through life's challenges

Topics covered

Depression, mental health, abuse, family break downs, confidence and self esteem



Key Outcomes

- + Highlights the importance resilience plays in our lives when we are faced with accepting a change to our situation or personal circumstance
- + Provides examples of how self-awareness is a powerful tool that can assist with rewriting life stories, negative beliefs and negative self-talk
- + Illustrates the role of connecting with others and support services
- + Demonstrates strategies dealing with stress and making positive choices

Proof that people can live a fulfilled and happy life while experiencing mental health challenges, Megan created Big Sisterhood due to her desire to join forces with other strong, resilient people who use their voices, experience and skills to educate and inspire the youth of today. Throughout her career as a professional dancer, stunt woman and teacher, Megan has run many classes and programs designed specifically to empower children, youth and adults of all genders.

Megan provides powerful insights about growing up in the western suburbs of Melbourne, living with childhood abuse, and learning to manage the depression and anxiety she has lived with since she was very young. She believes that is only by acknowledging, taking ownership and working on our challenges that we can truly find peace and acceptance of who we are and our place in the world

Becoming a parent has shown Megan that, while she can't protect her child from experiencing hurt and pain in life, she can teach him how to deal with trauma and be resilient. Megan explains how she has learned to use her childhood trauma to make her stronger. She also discusses the importance of practising consistent self-care to enable people to live a healthy, well-balanced life.

By breaking down perceived stigmas around mental health, Megan creates much needed awareness, particularly for adolescent women. Megan teaches youth to be mindful and savvy with their perception of life as portrayed on social media.

Megan's honest, raw and empathetic qualities offer the audience a sense of realness and create a safe space for the girls to be vulnerable and open.



4 - Lucy Carr

Body Image & Self Esteem

Topics covered

Social media, body image, eating disorders, self-worth, school and social culture



Key Outcomes

- + Demonstrates the importance of developing a strong sense of self as a protective factor to deal with life challenges
- + Recognition of one's potential and individual unique qualities to discover and develop healthy self-worth
- + Shares strategies on how to manage body image pressure, particularly those that stem from social media
- + Promotes positive body image and associated healthy behaviours

An experienced full-time dance teacher, Lucy has spent the last 15 years working extensively with teenage girls in schools. Her awareness of the lack of real and candid information covering sensitive female-related topics for students inspired Lucy to co-create Big Sisterhood. By sharing the stories and life experiences of real women, they become relatable role models who inspire youth to share compassion and love while being mindful of the difficulties faced by teenage girls today.

Lucy's passion for empowering young women stems from the damaging body image challenges she experienced throughout her professional dance career. Overcoming the struggles of her teens and twenties has motivated Lucy to share her story with the younger generation. Through honesty, humour and warmth, she brings awareness to the impact of negative self-talk and encourages girls to view themselves, and their peers, in a different light. Through this important conversation, Lucy shares her personal experiences to create awareness concerning the topics of body image, negative social media influences, social pressures, as well as promoting self-love and confidence. Discussing themes within a social context, she explores how she found self-worth from positive sources to build resilience and manage life stress.

Lucy has experienced first-hand how dance and music create confidence in people of all ages and walks of life. She uses this knowledge and her extensive dance experience throughout the session. Encouraging the girls to get up out of their seats and involved in ice-breaking, entertaining dancing pushes them out of their comfort zones and connects them physically with their bodies.

Promoting the 'give it a go' attitude, this works to build positive interaction and self-confidence, while providing some light-hearted laughter and fun to the event.

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5 - Brihony Dawson

Self-Identity & LGBTIQA Awareness

Topics covered

Mental health, LGBTIQA visibility, sexuality, gender identity, grief and loss



Key Outcomes

- + Demonstrates the role of identity and developing a strong sense of self
- + Creates awareness around LGBTIQA discrimination, gender and equality
- + Challenges perception of social norms and stereotypes, while educating on inclusive language/terminology
- + Creates a deeper understanding, awareness and empathy for others, and how to support and include those in the LGBTIQA community.

An internationally successful songwriter, vocalist and emcee, Brihony gender identifies as non-binary. For much of their professional career, Brihony has travelled throughout Australia, Europe and the USA.

A strong advocate and participant in Pride events worldwide, they are looking forward to headlining a show during the 2019 Mardi Gras Festival in Sydney. Brihony is passionate about LGBTIQA visibility and the importance of educating and discussing issues involving acceptance, gender and sexuality. Brihony has faced many challenges throughout their life, which are the driving force behind their desire to work with young people through the performing arts.

Their experiences with parental death and subsequent mental health issues, including being diagnosed with bipolar disorder, has led them through incredibly difficult times to a place of strength and acceptance. Brihony has a strong desire to help and encourage young people to think outside their comfort zones and explore the world they inhabit. They want young people to be proud of who they are, and be educated to move past the shame that often accompanies the confusion of being 'different' from societal norms.

A big believer in the power of education through the arts, Brihony's presentation in Big Sisterhood involves interactive singing and song writing, music and performing to teach young people how to live happy, motivated and fulfilled lives, every day.

For Brihony, the best part about music is the ability to create and connect with an audience. Through music and sharing their story and experiences, they want to address the need for awareness, information and compassion for young people today.



6 - Natarsha Bamblett

The Influence of Culture and Values

Topics covered

Discrimination, cultural traditions and tensions, labels and self-perceptions



Key Outcomes

- + Heightens awareness around Indigenous Australian history, culture and language, through interactive song and dance.
- + Explores and educates about racism outside of cliché stereotypes
- + Shares examples of persevering through adversity in regards to breaking gender-biased social moulds.
- + Celebrates driven women, and motivates youth to explore sports and physical activity.

Natarsha's upbringing as an Indigenous Australian has provided her with the drive and desire to connect with and support other girls who feel 'on the outside'. An eloquent speaker, her life story can inspire young women to break through the weight of cultural expectations and strive to reach their ambitions, dreams and personal growth. Natarsha is a young woman with a wealth of dance, teaching and coaching experience within indigenous communities. She has travelled throughout rural Australia working to positively influence the lives of many young people, and is an amazing role model.

Natarsha believes that the self-expression inherent in the performing arts is a perfect way to inspire youth to become resilient, strong and leaders in their local community. She uses this passion in her presentation, performing a traditional Aboriginal dance piece, as well as teaching her audience Aboriginal language to give them a sense of connection to Indigenous Australia.

Now in her second year playing for Richmond in the AFL Women's league, Natarsha also works as an Aboriginal Health Coach in kindergartens, primary and secondary schools. She is a staunch advocate for the need for Indigenous people to connect to their language, land, people, culture and spirituality so they can fully embrace who they are. She uses this knowledge to encourage young people of all cultures to break down the stigmas they (and society) may hold and challenge their view of themselves and their communities. Natarsha's involvement in Big Sisterhood is the perfect avenue to continue her work with youth and inspire them to connect to their culture and themselves.

She believes the challenges and burdens we face in our lives have the potential to give us the strength to achieve personal happiness and success. By sharing her story, knowledge and experience, Natarsha hopes to empower young women to strive to be the best they can be.



7 - Give Your Project a Voice

Client and Organisation Documentary

Have your voice be heard in a unique way so that young people and your community can hear and see your messaging!

Big Sisterhood offers the option of getting your special event or Big Sisterhood sessions documented by a professional videographer and packaged into a promotional video.

We can document Big Sisterhood school shows and workshops, behind the scenes interviews with clients, organisations, teachers, students and community members, and whatever else you request to be filmed as part of your package.

To be able to share via a film, a documentary will help promote your project on a larger scale, as well as your written data and reporting.

This can then be used on personal websites, social media and youtube to further your community awareness and education of the fantastic work you are doing

Discuss with us today about documenting your campaign

8 - Shows & Package Requirements

2 Hour D&M Full Resilience Show

An all-inclusive show comprised of four speakers who explore a variety of relevant topics and issues, with elements of live music, song and dance.

What's Included

- 2 hour inclusive show
- 4 x speakers
- 1 x musician
- 4 x Resilience topics
- Live Music & Song writing
- Elements of Dance
- Q&A 'You're not supposed to ask that'
- Meet & Greet with students
- Projector/visual aid

Resilience Topics Covered

- Mental Health & Self Awareness
- Body Image & Self Esteem
- Identity & LGBTQIA Awareness
- Culture & Values

What's Required

- Theatre, auditorium or hall
- Projector
- Sound system
- 4 x cordless mics
- DI cables for guitar
- IT support for audio visual set up

Audience

- Entire year levels and large groups

60 minute Sessions - Individual Topics

For a more intimate approach, we also offer more focussed sessions with one individual speaker plus a guest speaker, addressing their own particular topic and experiences.

What's Included

- 1 x resilience topic of your choice
- 1 x speaker
- 1 x Guest Speaker
- Projector/visual aid
- Interactive element (dance or music)

What's Required

- Classroom or Hall
- Projector
- DI cables for guitar
- IT support for audio visual set up

Audience

- Smaller class groups of 15 - 40
- Designed to be flexible with school period/client specific time lengths

Full Package

- + 2 Hour D&M Full Resilience Show
- + All four Resilience Topics
- + Add on workshops
- + Documentary video



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9 - Add on Workshops

Expressive Art Therapy & Sport Workshops

Big Sisterhood also offers a range of Add-On services and workshops as a way to keep your students active through the Arts. The practice of Expressive Art Therapy uses a variety of arts and creative mediums to foster human growth, development and healing. We have 5 of the most talented and experienced creatives to deliver these fun workshops as an alternative therapy. These can be booked as once off or ongoing sessions over a 12 month package period.

Natarsha Bramblett

Cultural Dance



Contemporary Cultural dance workshops from our beautiful Indigenous artist Natarsha, educating on Aboriginal history using contemporary dance and traditional cultural movement. Natarsha is a young woman with a wealth of dance, teaching and coaching experience within Indigenous communities.

She has travelled throughout rural Australia working to positively influence the lives of many young people, and is an amazing role model.

Lucy Carr

Zumba - Latin - Urban Dance Workshops



Lucy is one of the most sought after, experienced and well known Zumba Instructors in Melbourne and has been running classes full time for 10 years. A professionally trained dancer and successful performer, she has worked with teenage girls in high schools for over 15 years teaching a variety of dance styles. Lucy has also worked alongside several health organisations to help combat depression and stress through dance. Her Zumba and dance sessions are full of fun, loud music and her warm, laid back nature gives the students the opportunity to let go and let their guards down.

Natasha Bramblett

Wayapa Wuurrk Teachings



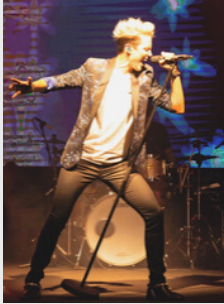
Based on ancient Indigenous knowledge and wisdom that focuses on taking care of the Earth as the starting point for healing ourselves.

Having an energy connection to the Earth is what has sustained Australian Aboriginal people to be the world's oldest, continuous living culture – for over 80,000 years! Includes Welcome to Country, connection practice, song, dance and stories.

10 - Add on Workshops

Brihony Dawson

Song Writing / Music



Rock god, international successful songwriter and vocalist Brihony Dawson and their Aria winning musician Kiki Courtidis have joined forces to deliver one of the most entertaining creative workshops that high schools have seen. This workshop teaches students the skills to develop meaningful songwriting in collaboration with live music. While their fierce energy and charisma may have Brihony standing in line to become the next powerhouse in music, we can guarantee that the students will leave this workshop feeling inspired, entertained and fully confident in who they are as individuals.

Megan Ibrahim

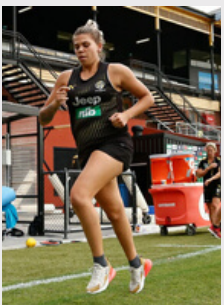
Hip Hop - Latin - Mumma Samba



With 20 years experience Megan is recognised as one of the best in her field when it comes to dance programs and tackling social and personal issues. Megan works as a teacher and a mentor through dance and choreography to help young women and mothers reconnect with themselves and accept their bodies. She uses Hip Hop to help the students find their power, and Mumma Samba and Latin classes to encourage them to embrace becoming and being a woman. Megan has mastered the art of delivering strength, compassion and support while students embrace their journey through life.

Natasha Bramblett

AFLW Football Session



Now in her second year playing for Richmond in the VFL Women's league, Natarsha is one of the most inspiring and skilled female football athletes going around. Playing football and other sports from her teens, she uses her experience, knowledge and refined skills to teach and coach the students how to play AFL football, in a fun and interactive session. Natarsha is an amazing role model for any young females who are interested in sports or an active lifestyle, as she demonstrates how to break through the weight of social expectations and "Kick like a girl!"



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