

# Improving the Mental Wellbeing of our business community

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Jeff Rogut  
16<sup>th</sup> August 2022

A Collective for all businesses in  
Frankston...and beyond



# Meet your presenters

Your host and facilitator

**Jeff Rogut**

**CEO - Frankston Business Collective**



“Frankston Business Collective thanks the Brahma Kumaris Australia for making their beautiful Centre for Spiritual Learning available for this programme”.



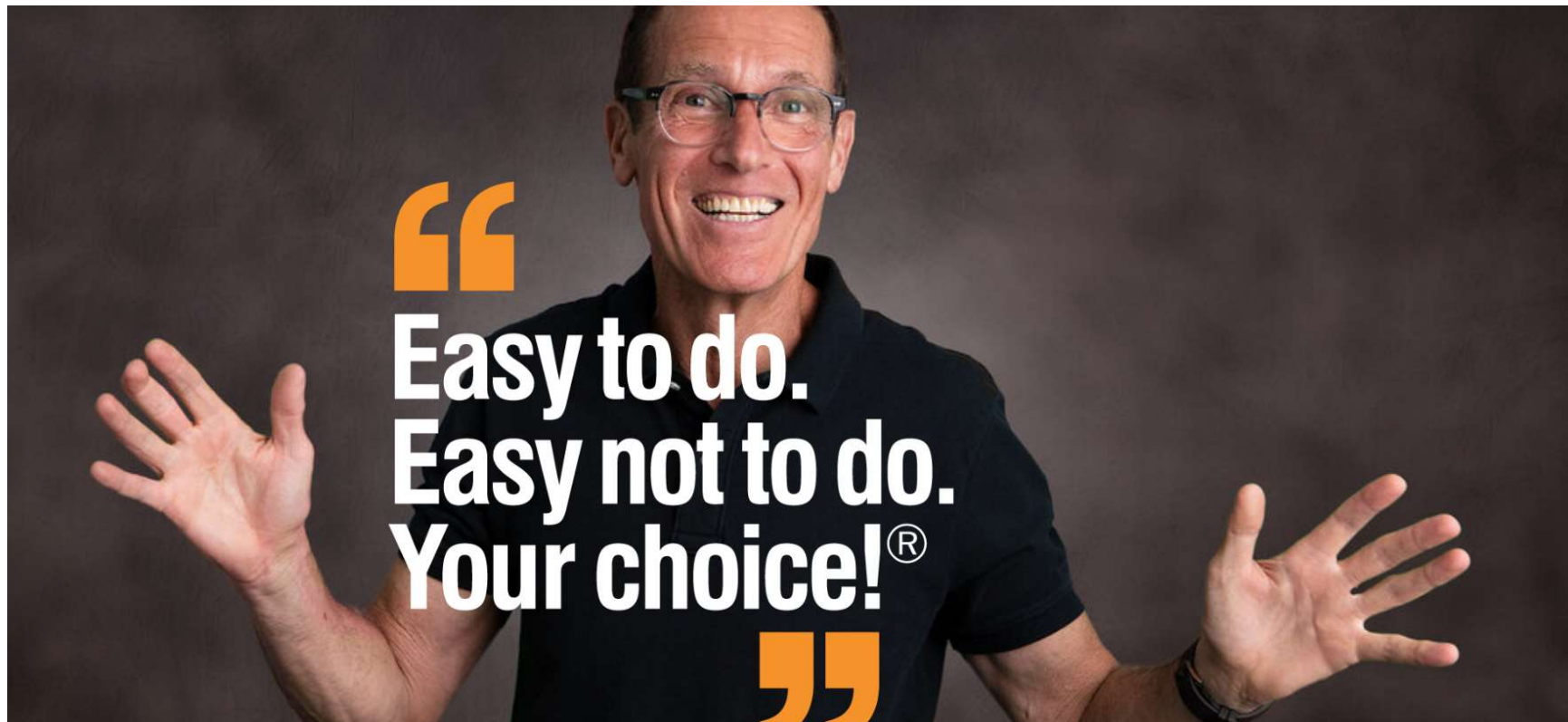
# Agenda

1. Summit opening – Jeff Rogut
2. Peter Thurin – “Easy to do. Easy not to do. Your choice.”
3. Kirsten McKenna - “Fostering a positive, growth mindset.”
4. Jeff Rogut – “Caring for your wellbeing”
5. Kate Save – “Understand the direct link between food and your overall health”
6. Beth Knight/Lex Miall – “Resources for young people, families and friends and businesses “
7. Margaret Foley – “7 Steps to start Living a Life you Love.”
8. Summit close



## Meet Peter

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# Meet Peter

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**PETER THURIN** spent more than 20 years owning, building and selling successful businesses but it was a simple phone call that led to an epiphany about life and what he wanted out of it. Ever since he was a boy, Peter had wanted to be a black belt in martial arts. It was a dream, but an unfulfilled one. At 36 years of age, Peter made the decision to finally pursue that dream by making a simple phone call to his local Taekwondo school to arrange his first lesson. It was easy to do, but for 36 years it had also been easy not to do.

That was the epiphany. Now a 3rd Dan Black Belt, Peter sees everything in life as a choice between 'easy to do' and 'easy not to do'. Just like he did in pursuing his own dream, Peter now helps people focus on what they **CAN DO** rather than what they can't. He helps people from all over the world with the inspiration, enthusiasm, and determination they need to rise to the challenge.

Peter's story is not one of extraordinary achievement, but it is a story of achievement. It's a story of what ordinary people can achieve when they focus on what matters to them and, starting with small steps, build the momentum they need to reach their goals. As Peter says, "big-picture goals can be so daunting that often people don't have the courage to get into the game. I say 'It's OK to feel awkward, it's OK to feel uncomfortable, but don't allow those feelings to prevent you from making a start. So, what's the one thing you need to do to make a start? Let's go and do that together. Let's get excited!' Easy to do. Easy not to do. Your choice!®"

Peter is a qualified pharmacist and, among his many quiet achievements, counts his wife Sharon and three grown-up kids as among his most meaningful. He lives in Melbourne, Australia and works globally.



# Meet Kirsten

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# Meet Kirsten

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**KIRSTEN McKENNA is passionate about well-being and human potential. With learning as a core character strength, she possesses a natural curiosity and an insatiable appetite for the latest research in human behaviour and performance.**

**An accomplished leadership consultant, dynamic facilitator, well-being expert & author, Kirsten aims to help others build their potential and flourish. A advocate for positive change and enablement, she encourages individuals to foster a growth mindset and apply their strengths to their self-leadership profile. These tailored methods have led to personal improvements in mindset, goal orientation, productivity health and happiness.**

**With an excess of 25 years international corporate experience along with extensive practice in psychology and personal development, Kirsten brings a unique outlook on sustainably achieving peak performance and engaging the state of flow. Kirsten's ability to harness individual strengths and EQ unquestionably cultivates a platform to thrive.**

**A multiple award winner for people management, training & development and sales excellence, Kirsten's drive to excel is paralleled with her enthusiasm to support others in their pursuit of success. Recruited, on-boarded and developed multiple sales individuals of the year,**



## Meet Kate

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# Meet Kate

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Kate Save is a clinical dietitian, exercise physiologist and diabetes educator, and has completed an MBA. She is the CEO and co-founder of Be Fit Food, Australia's leading dietitian and doctor-designed meal provider and Peninsula Physical Health and Nutrition, a dietitian consulting company to 3 private hospitals and 10 medical centres. With 20 years' experience working in clinical health and fitness, Kate is a credible voice on all things nutrition and wellbeing.

Using the latest scientific research, she helps people to understand the direct link between food and their overall health. Kate is passionate about empowering individuals to achieve positive change — be it through sharing her wisdom on health, or her learnings in business. She is a regular media commentator and is often called upon by Australia's leading news, health, and wellbeing titles to lend her expertise.

Her core belief is that food should be the first medicine and her ambition is to revolutionise Australians' relationship with food, whilst halting the trajectory of weight-related chronic disease. Outside of work, Kate is the proud mother of two children and understands the everyday life pressures faced by people and families in trying to strike a healthy balance.

Kate holds a double degree in Nutrition and Dietetics and Exercise Science from Deakin University as well as an Advanced Diploma in Diabetes Education, a Masters in Clinical Exercise Physiology and a Masters of Business Administration.

LinkedIn Profile; <https://www.linkedin.com/in/katesavebenefitfood>

Her businesses; <https://benefitfood.com.au/> <http://www.healthandnutrition.com.au/>



## Meet Beth and Lex

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## Meet Beth & Lex

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**Bethany Knight** currently works as the Community Engagement and Youth Participation Officer at headspace Frankston, with the primary focus of informing the local community of the many services available to young people to support their mental health.

With 12 years of experience as a presenter, facilitator, trainer and youth worker for organisations such as The Reach Foundation and The Butterfly Foundation, Bethany is passionate about people being able to best engage in their lives by believing in themselves and their abilities and believes in the right to appropriate mental health support for everyone.

**Alexis Miall** currently works in the IPS program (Individual Placement and Support) as a Youth Worker – Vocational Specialist at Headspace, Frankston. The basis of her role is to assist and support young people to achieve the outcome of employment, whilst improving their mental health, social inclusion, skills and financial independence. Alexis spends a lot of time out in the community networking with local businesses to gain an understanding of their recruitment process and culture to further support young people into work. Alexis is passionate about the youth community sector and has previously worked for the Brotherhood of St Laurence as a Youth Development Coach. Alexis cares about the future of the younger generation, their wellbeing and development and enjoys watching young people drive their own success based off their own individual goals and strengths.



# Meet Margaret

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Margaret Foley  
Life Coach, Speaker, Author

You can change your life while you are busy living it.  
How to overcome stress, burnout and anxiety and live a life you love.



# Meet Margaret

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After being hospitalized with burnout for the third time in 5 years, Margaret resigned from the corporate grind of her \$250K a year job as a Senior Vice and set out to help prevent others from experiencing or to recover from the effects of stress and burnout. She founded Queen of my Own Universe for women, and more recently Infinite Mind Life Coaching for inclusivity for men and women.

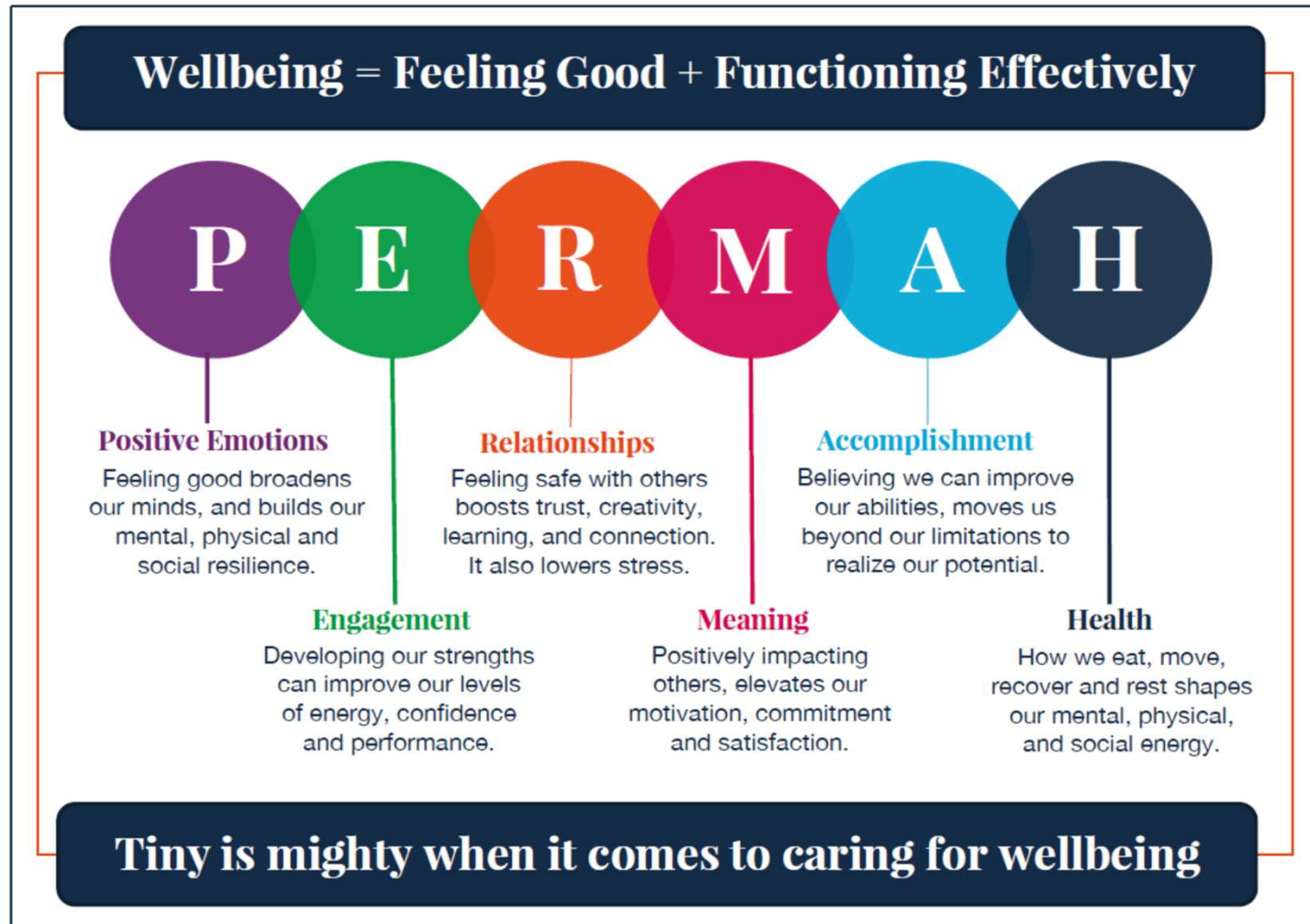
Margaret works with people seeking guidance to overcome overwhelm, burnout, stress and dissatisfaction with their life, and believes that mindfulness and coaching should be relatable, accessible and simplified so even the busiest, most overwhelmed person can transform their life. Margaret offers affordable 1:1 coaching with the fundamental premise of connection and belief in self, awareness and accountability, and providing techniques and tools that can create lasting impact in just a few minutes each day.

Having spent 30+ years in corporate workplaces and experiencing first-hand the ever-increasing demands on employees and the devastating impact of workplace stress and burnout, Margaret offers workshops and training for mindfulness activities in the workplace to help better manage the stresses of business in a post Covid world.

Margaret is a local Frankston resident, a Volunteer Mentor in the Women's Spirit Project, soon to be published author in "Goodbye Busy, Hello Happy" and is a 2022 nominee in Ausmumpreneur and RDAR awards.



# What is Wellbeing?



## Take the survey

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**We encourage you to take this survey before attending the Summit – it is free and confidential and the results are yours**

**<https://permahsurvey.com/>**

