



Ronald McDonald  
House Charities®  
Australia

2024  
VOLUNTEER  
CONFERENCE

2-3 JUNE 2024

DARLING ISLAND WHARF, PYRMONT, NSW

BECAUSE OF  
YOU

## Optional Pre-Event Tours: Saturday 1 June 2024

1.30pm – 4.30pm	Ronald McDonald Westmead House Tour
2.00pm – 4.30pm	Ronald McDonald Randwick House Tour

## Day One: Sunday 2 June 2024

9.15am	Buses Depart Hotel to Darling Island Wharf
9.30am – 10.00am	Arrival Registrations with Tea, Coffee & Refreshments
10.00am – 5.00pm	2024 Volunteer Conference, Day One
10.00am – 10.20am	<b>Welcome to Country</b> <i>Celebrating culture &amp; a reflective performance.</i>
10.20am – 10.30am	<b>Official Opening of the 2024 Volunteer Conference</b> <i>Setting the scene for what's to come!</i>
10.30am – 11.30am	<b>Opening Keynote: Life of Purpose</b> <i>A personal story of not only surviving, but thriving; through a journey of recovery with a helping hand from bystanders.</i>
11.30am – 12.00pm	<b>RMHC Official Welcome</b> <i>A special thank you "Because of You!" from RMHC Australia.</i>
12.00pm – 1.00pm	Lunch
1.00pm – 2.00pm	<b>Breakout Session A: Self-Compassion &amp; Loving-Kindness</b> <i>As carers we give so much that we feel there is little left in the tank for ourselves. We will explore the work of one of the world's leading researchers in self-compassion &amp; how to put it into practice.</i>
	<b>Breakout Session B: "Quis Custodiet Ipsos Custodes?" Caring for the Carer without Losing Ourselves</b> <i>Grief &amp; loss are an inevitable part of the privilege of caring. How do I care for myself when I am caring for the grieving? The session will focus on the carer in the circle of grief &amp; will be interactive &amp; practical.</i>
2.00pm – 2.10pm	Time to Return to the Main Room
2.10pm – 3.10pm	<b>Understanding Diversity: A Lived Experience</b> <i>Building awareness of how we can welcome families with diverse communication needs into our programs and services</i>

3.10pm – 3.40pm	<b>Afternoon Tea</b>
3.40pm – 4.25pm	<b>Breakout Session A: Empathy, Compassion &amp; Healthy Boundaries</b> <i>In this workshop, we will explore contagious emotions, how to feel what the other person feels without getting swamped by emotions &amp; how to create empowering boundaries that serve both you &amp; the people you care for.</i>
	<b>Breakout Session B: Trauma Informed Care: The Science &amp; its Application</b> <i>This session will explore practical applications of neuroscience to the care we offer ourselves &amp; others. Becoming aware of trauma in us &amp; offering empathy &amp; compassion to ourselves &amp; those we care for.</i>
4.25pm – 4.35pm	<b>Time to Return to the Main Room</b>
4.35pm – 4.50pm	<b>Wrap-Up &amp; Reflection</b> <i>Time to reflect &amp; get involved in a fun activity!</i>
4.50pm	<b>Conference Close, Day One</b>
5.00pm	<b>Buses Return to Hotel</b>
6.15pm	<b>Buses Depart Hotel for Conference Dinner</b>
6.30pm – 9.30pm	<b>Celebration Dinner</b> <i>Come &amp; enjoy an unforgettable experience &amp; delicious food, this is a dinner not to be missed! Please confirm your attendance when registering.</i>
9.30pm	<b>Buses Return from Conference Dinner</b>
<b>Day Two: Monday 3 June 2024</b>	
8.15am	<b>Buses Depart Hotel to Darling Island Wharf</b>
8.45am – 9.00am	<b>Arrival Tea &amp; Coffee</b>
9.00am – 2.45pm	<b>2024 Volunteer Conference, Day Two</b>
9.00am – 9.10am	<b>Welcome Day Two</b> <i>A message from RMHC Global in dedication to YOU!</i>
9.10am – 9.50am	<b>A Cultural Lens: Working with First Nation Families</b> <i>This presentation will provide an overview on how to communicate &amp; connect in a positive &amp; meaningful way which benefits everyone involved.</i>
9.50am – 10.20am	<b>Laughter Therapy</b> <i>Bringing the many benefits of laughter where it is unexpected, yet most needed.</i>
10.20am – 10.50am	<b>Morning Tea</b>
10.50am – 11.35am	<b>Breakout Session A: Connect the Dots "Fact or Fiction"- The Maccas Connection</b> <i>An opportunity to better understand how our Founding and Forever Mission Partner, McDonalds and RMHC work together</i>
	<b>Breakout Session B: Deep Dive into our Programs</b> <i>An opportunity to get a closer look into what RMHC program are all about.</i>
11.35am – 11.45am	<b>Time to Return to the Main Room</b>

<b>11.45am – 12.00pm</b>	<b>Hearing from the Sarah Learning Platform</b> <i>Discovering the importance of our training modules.</i>
<b>12.00pm – 12.10pm</b>	<b>A Sonder Experience</b> <i>An opportunity to listen about our wellbeing App &amp; what it can do for you.</i>
<b>12.10pm – 12.30pm</b>	<b>Safeguarding Super Stars</b> <i>Let's chat all things child safety!</i>
<b>12.30pm – 1.30pm</b>	<b>Lunch</b>
<b>1.30pm – 1.50pm</b>	<b>What RMHC is All About</b> <i>A lived experience from who is most important.</i>
<b>1.50pm – 2.35pm</b>	<b>Closing Keynote: 10 Seconds of Courage</b> <i>The importance of self-care &amp; building a support team around us, as we care for others. Who is in your corner? &amp; whose corner are you in? The importance of being surrounded by good people.</i>
<b>2.35pm – 2.45pm</b>	<b>Conference Close</b> <i>Ending the two-day conference on a high; because of YOU!</i>
<b>2.45pm</b>	<b>2024 Volunteer Conference Close</b>
<b>2.45pm</b>	<b>Take Away Afternoon Tea</b>
<b>3.00pm</b>	<b>Buses Depart</b>