



# *Building young people's skills, aspirations and connection to the community.*

**October 2016**

**75 % of the  
population is  
significantly  
different from  
you.**

*These people:*

- *Think differently*
- *Decide differently*
- *Use time differently*
- *Communicate differently*
- *Work at a different pace*
- *Handle emotions differently*
- *Manage stress differently*
- *Deal with conflict differently*

*The 2016-17 program commenced in September with a fabulous group of 25 young people - thank you to Gambina for supporting us and hosting **Seminar One – Teams and Communication.***

## ***Future Voices participating schools, institutions and organisations:***

<i>Shepparton High School</i>	<i>Kildonan</i>
<i>Wanganui Park Secondary College</i>	<i>Ganbina</i>
<i>McGuire College</i>	<i>St Brendans Parish</i>
<i>Notre Dame College</i>	<i>Goulburn Murray Catholic Care Sandhurst</i>
<i>Goulburn Valley Grammar School</i>	<i>Lutfiye Shish Kebab</i>
<i>Sirius College</i>	<i>Shepparton News &amp; McPherson Media Group</i>
<i>Goulburn Ovens TAFE</i>	<i>ANZ Bank</i>
<i>La Trobe University</i>	<i>GV Family Care</i>
<i>Swinburne University online</i>	<i>Gouge Linen and Garment Services</i>
<i>University of Melbourne</i>	<i>World Share</i>
<i>South African High Commission, Canberra</i>	<i>ABC Goulburn Murray</i>
<i>Kenyan High Commission, Canberra</i>	<i>Win TV</i>
<i>American Embassy, Canberra</i>	<i>City of Greater Shepparton</i>
	<i>Liz Arcus Photography</i>

*“Participation in the program raises cultural awareness within the community for everyone involved, including participants, guests, hosts, and business mentors. The speakers that engage in the program find that their perceptions of multicultural youth are challenged and changed for the better.”*

**Avoiding ‘shoulds’.**

Concentrate on doing what is possible and what feels right instead of paying attention to the ‘shoulds’ of others.

**Engaging in positive self-talk.**

Try to stay positive and don’t allow the ‘inner critic’ to take over. Telling yourself that you are ok and you can succeed can be very powerful.

**Taking chances.** New experiences are learning experiences; mistakes are part of the process. Feel good about trying something new.

*Australian Government Dept. Social Services*

*The Regional Development Company*

*Parks Victoria*

*Goulburn Valley African Communities Association*



*Having a ‘voice’, having a good education, having good support, having mentors – these will all contribute to developing individuals, to enhancing social cohesion, to building resilience and fostering the next generation of potential leaders.*

*These will in turn become mentors and positive role models within their own communities and the general community.*

*Participants attend workshops locally and interstate. These create a sense of self-worth and inspiration as participants see and hear firsthand what is possible for them.*

**Quote:** *‘Adrian Appo gave a fascinating and objective account of the history of the indigenous people in Australia from first settlement to present day and related that to Australia’s migrant settlement from first settlement to present day – a very interesting presentation. Thank you so much for sharing this with the group!’*

# Resilience

'Resilience is the happy knack of being able to bungy jump through the pitfalls of life. Even when hardships and adversity arise it is as if the person has an elastic rope around them that helps them to rebound when things get low and to maintain their sense of who they are as a person.'

(Andrew Fuller, From Surviving to Thriving)

Research tells us that having a positive adult role-model in their lives greatly increases the resilience of young people.

## Seminar Two: Connecting with Business and Ethical

**Leadership** was hosted by: CatholicCare, Sandhurst Diocese and catered for by Lutfiye Shish Kebab.

**Themes for discussion included:** increasing your circle of influence, what you can and cannot influence, employability skills and what employers want, the importance of hope and passion in overcoming your challenges, the importance of mentors and good people to help you, courage, commitment, doing your best in every situation because you never know who is listening or observing, learning from the elders, the importance of family

**Participant Quotes:** "I thought having so many speakers would be a bit boring but it was really fun! Great food and really interesting speakers – some really funny and laid back – great stories as well."

"Some of the speakers told us to come in and see them for a part time job – I did not expect that".

"Really good to hear the life journey stories – really shows us that everyone has a story to tell and hurdles to overcome".



**What young people value:**

- family relationships
- friendship

**Who young people admire:**

- family members
- friends

**Who young people go to for advice and support:**

- friends
- parents
- relative/family friend

**Most popular community participation activities:**

- sports (as a participant)
- sports (as a spectator)
- arts/cultural activities
- other popular responses included: entertainment, involvement with international aid organisations and community agencies helping disadvantaged people.



*Guest speaker Ray Sithole, South Africa's acting high commissioner in Australia*  
In African tradition, beating the drum holds a special place. It symbolises a deeper historical meaning: protection of royalty, a tool of communication between different tribes and is often used in sacred dwellings. In contrast to other cultures who consider it as entertainment only.

## *mandela day & launch of future voices*

**August 11 2016**

*A special service at St Brendan's Catholic Church conducted by Reverend Joe Taylor was held in honour of Mr Mandela's legacy on a day known as **Mandela Day**. Nelson Mandela was a great South African leader. Later that evening **The Future Voices Youth Leadership Program** was launched at La Trobe University with Guest speaker Ray Sithole, South Africa's acting high commissioner in Australia*

*"Big things come in small packages. You only have to look at the example of Nelson Mandela who came from a small village," Mr Sithole said. "The power is inside us, it's not about our background. "You can achieve a lot with passion and education. "*

*Future Voices chairman Dr Apollo Nsubuga-Kyobe said the organisation was directly working with young people from migrant, indigenous, refugee and low-socio economical backgrounds to close the unemployment gap and improve social cohesion.*

## Verbal communication

transmits the content of messages.

Research suggests that only 20 per cent of communication is expressed via the spoken word.

## Non Verbal communication

80 per cent of communication occurs through non-verbal means. This includes pitch, speed, tone and volume of voice, gestures and facial expressions, body posture, stance, and proximity to the listener, eye movements and contact, and dress and appearance.

Non-verbal behaviours may not always read in the same way due to cultural or other reasons.

*“We encourage young people to take part and learn from past alumni of the New Generations program, to dream big and also to look beyond their own world and become global citizens,” he said.*

*You can watch a video that aired on WIN TV*

*at <https://www.facebook.com/WINNewsShepparton/videos/1145475612160914/>*

*Anyone interested in the program can email Rashidi Sumaili at [rashidi@futurevoices.com.au](mailto:rashidi@futurevoices.com.au)*

*Follow the facebook page at <https://www.facebook.com/futurevoicesinc/?fref=ts>*

## **Seminar Three: Education and Employment** was hosted by

Goulburn Ovens TAFE Multicultural Education Centre and Sirius College in Shepparton, catered for by Lutfiye Shish Kebab.



*In the GOTAFE Multicultural Education Centre participants heard about Swinburne University's new Evolve Virtual classroom and participated in a team building session sharing each other's stories and dreams.*

*In the afternoon, the group visited Sirius College, previously Isik College in New Dookie Rd.*

### Active listeners:

- suspend judgement and criticism
- don't interrupt
- respect the speaker's viewpoint and value system
- resist distractions
- let the speaker know if they are inaudible, ambiguous or incongruent
- are open and deal with any negative emotions they might be hearing.

*"In the early 1980s, a handful of Australian Turkish volunteers saw a desperate need to provide educational services for the Turkish Australian youth who were economically and socially disadvantaged during those times. Since its first operation, Sirius College has grown beyond expectations to meet the tremendous demand of the community and has managed to reach over 2300 student enrolments across all campuses in 2015. This number includes Australian children from all denominations. This was made possible by the full support of the community and their abiding concern and generosity.*

***Today, Sirius College plays a leading role in educating young generations with its academic excellence and disciplined education; and continues to contribute to the future of Australia."*** <http://www.sirius.vic.edu.au/about/history/>

*Speakers included the Regional Advancement, Legacies & Advocacy Manager, World Share and a Former School Principal & Therapy and Mindfulness Coach.*

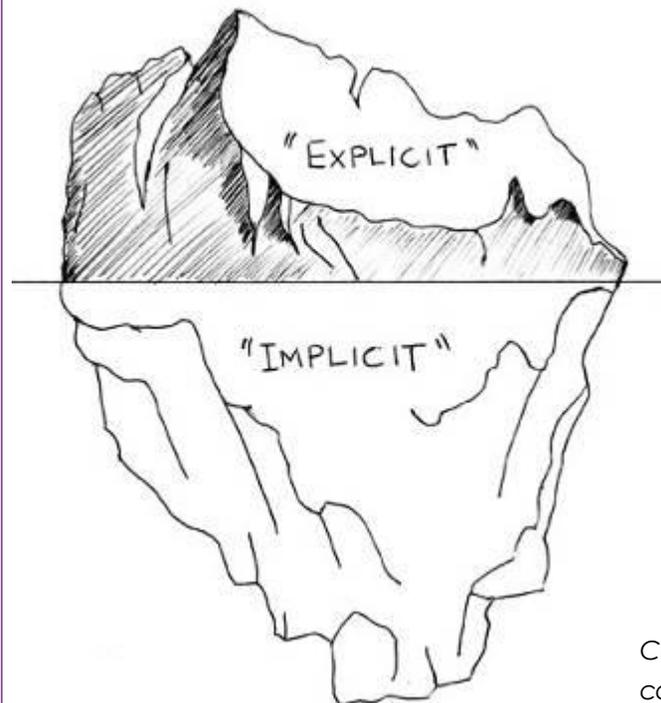
***Themes for discussion included:*** *overseas aide and volunteering, eliminating poverty, social justice, team building, the importance of having a vision, managing stress and challenges, building confidence, reading your audience, inspirational leaders and how we can learn from them, and positive values underpin good actions.*



**Quote:** "I really admire teachers and people that work in education ...they have given me so much in my life "

## ***Culture is ....***

***How we meet • Metaphors we use • Our humour • The clothes we wear • Our stories • Our rituals • Our use of space • The food we eat • How we greet strangers • How we communicate • Our gender roles • How we view time • How mistakes are dealt with • Our celebrations • Our heroes and heroines • How we learn • How we view hurdles • Our religion • How we understand family • How we approach new problems • How we view authority • Our status symbols • Our use of eye contact • Our values • The language we speak • Our worldview • Our music***



Culture has been aptly compared to an iceberg. Just as an iceberg has a visible section above the water and a larger, invisible section below, so culture has some aspects that are observable and others that can only be suspected, imagined or intuited.

- **Shoulding'**, telling the other person what they should do, is extremely judgemental behaviour. It's guaranteed to create distance.
- **Put-downs** and **patronising statements** ridicule or shame the other person. They are likely to be countered by aggression at one extreme and withdrawal at the other.
- **Explaining something away**, looking for causes and excuses, interpreting or intellectualising are all talking about the experience rather than experiencing it.
- **Interruption** shows an unwillingness to listen, being more concerned with dominating or impressing the other person than achieving understanding.