

## ACAV LEADERSHIP RETREAT



## COACHING & MENTORING

Sat 23rd - Sun 24th May

Peppers Moonah Links Resort  
55 Peter Thomson Dr, Fingal VIC

### Why attend?

This is a wonderful opportunity to get up close and personal with the amazing **Craig Harper**, one of Australia's leading presenters, writers and educators in personal transformation, fitness, leadership and more.

In this all-inclusive weekend event, Craig will provide a day and a half of coaching in an intimate setting, focussing on how you can maximise your time, skills, knowledge and talent to **turn dreams and goals into results**, in the company of your peers from the early learning sector. You'll have ample opportunities to get to know the other participants over meal breaks during the day, as well as during drinks and dinner in our private dining space on the Saturday evening.

You might also like to join us on the Friday night, to unwind and start the weekend off with a good night's sleep on site. Maybe stay another night and have a round of golf or treat yourself to a relaxing spa treatment or outdoor thermal hot spring bath at the nearby Peninsula Hot Springs.

### Who should attend?

Anyone in, or aspiring to, a management or leadership role.

### Venue Highlights

**Peppers Moonah Links Resort** offers modern, luxury accommodation located in prime Australian coast and bushland on the Mornington Peninsula, less than an hour and a half from the hustle and bustle of Melbourne. This beautiful location offers iconic surf beaches, picturesque wineries and modern Victorian country charm.





## CREATING A HIGH PERFORMANCE LIFE: A day & a half of coaching & mentoring

**Commences:** 9.30am Saturday 23<sup>rd</sup> May - includes breakfast, lunch & dinner.

**Closes:** 1.30pm Sunday 24<sup>th</sup> May - includes breakfast & lunch.

What does it mean to be a high performer? In health? Happiness? Fitness? Business? Career? Relationships? Life? Who succeeds and why? How can we maximise our time, skills, knowledge and talent to produce 'better' in our world? How can we become more effective and empowered leaders, communicators, connectors, problem solvers, thinkers, creatives and bosses? How do we turn our goals and dreams (theoretical 'somethings') into actual results (real-world 'somethings')?

How do we deal with fear in its many forms (procrastination, anxiety, low self-esteem, over-thinking, anger, avoidance) and how do we continue to learn, grow, evolve and develop skill, despite our normal human limitations? Why do some people waste their time, opportunities and potential and how can we be the exception? How can we become the calm in the chaos? The leader not the follower? The solution person not the problem person?

And in the middle of it all, how can we learn to **effectively self-manage** on a physical, mental, emotional, social and practical level? If some, or all of these questions resonate with you, this weekend program could be the catalyst for a new chapter in the **book of YOU**.

Craig will explore all of the above and more!

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### SPEAKER PROFILE: Craig Harper (B.Ex.Sci.)

Craig Harper is one of Australia's leading presenters, writers and educators in the areas of health, high-performance, resilience, self-management, leadership, corporate change, communication, stress management, addiction and personal transformation. Craig has been an integral part of the Australian health and fitness industry since 1982 and in that time has worked as an Exercise Scientist, Corporate Speaker, Consultant, University Lecturer, AFL Conditioning Coach, Radio Host, TV Presenter, Writer and successful Business Owner.

In 1990 Craig established Harper's Personal Training, which evolved into one of the most successful businesses of its kind and inhabited the Australian fitness landscape for almost a quarter of a century. Craig currently hosts a successful Podcast called 'The You Project'. He is also partnering with the Neuroscience Team at Monash University, exploring the spectrum of human thinking and behaviour, with a specific focus on addiction and its treatment. He's also completing a Ph.D. in Neuroscience, exploring the role of motivation in creating lasting change.

Craig can be heard weekly on various radio stations around Australia and hosted his own weekly show on Melbourne radio called 'the Science of Sport' for a decade. Craig currently fills an on-air role as a presenter on a lifestyle show called 'Get a Life', airing on Foxtel. He also has a Podcast program called The You Project available [here](#). Craig has written for the Herald Sun newspaper, numerous magazines and has authored seven books including his iconic book "Stop F\*cking Around - 30 Principles for a Better Life".

You can follow Craig on Facebook at <https://www.facebook.com/craig.ant.harper>

# REGISTRATION AND PRICING



## SUMMARY

### Date:

Sat 23<sup>rd</sup> & Sun 24<sup>th</sup> May

### Venue:

Peppers Moonah Links  
Resort, 55 Peter  
Thomson Dr, Fingal VIC

### Speaker:

Craig Harper,  
Leading presenter,  
author, educator and  
mentor

#### ACAV MEMBER PRICES\*

1 night package: Saturday night (1 person)	\$999.00
1 night package: Saturday night (2 people sharing room)	\$1850.00
2 night package: Friday & Saturday night (1 person)	\$1299.00
2 night package: Friday & Saturday night (2 people sharing room)	\$2450.00

#### NON-MEMBER PRICES\*

1 night package: Saturday night (1 person)	\$1299.00
1 night package: Saturday night (2 people sharing room)	\$2450.00
2 night package: Friday & Saturday night (1 person)	\$1599.00
2 night package: Friday & Saturday night (2 people sharing room)	\$3050.00

#### ADDITIONAL GUEST IN SHARED ROOM (DOES NOT INCLUDE CONFERENCE SESSIONS)

Saturday night, dinner, bed and breakfast	\$200
Friday & Saturday nights, 2 x dinners, accommodation & 2 x breakfasts	\$350

*\*Pricing includes Conference sessions, accommodation & meals.*

#### REGISTER ONLINE AT:

<http://bit.ly/RetreatMay20>

For any queries please contact Philippa Valder at the Australian Childcare Alliance Victoria.

**Phone:** 03 9532 2017 **Email:** [philippa.valder@childcarealliance.org.au](mailto:philippa.valder@childcarealliance.org.au)

#### CANCELLATION POLICY:

Please note that any cancellations before 11 April will receive a 50% refund.  
After this date, we regret that no refunds are possible.



Australian Childcare Alliance  
Victoria