



WELLBEING *Symposium*

Lived Experience, Connection & Resilience

Friday
10 OCT 2025

Chris Black

MC | CEO, Purpa |
Momentum
Board Chair

9AM - 4PM

St Patrick's Conference
Centre
123 Neil Street,
Toowoomba

Jo Capp

Author & Cancer
Advocate

Alison Kennedy

Business Woman

Lee Faulkner

Triple M Radio
Presenter

Rachael Carter

CEO, Hope Horizons

Lizzie Adams

CEO, Goolburri |
Founder Jaydon
Adams Foundation

Zach Nightingale

Keynote Speaker
Trauma Survivor

Allie Goldman

Mental Health
Advocate



...and many more...

Symposium AGENDA

From 8:15am	Registration View stalls and posters
8:50am	Meditation session – Rebecca Attwood
9:00am	Welcome – MC Chris Black Acknowledgement of Country
9:10am	Keynote Speaker – Zach Nightingale , Trauma Survivor
9:40am	Lizzie Adams , CEO Goolburri Aboriginal Health Advancement Ltd/ Founder, Jaydon Adams Foundation
10:00am	Alison Kennedy , Business Woman
10:20am	Morning tea Look around stalls and posters
10:50am	Jo Capp , Author and Cancer Advocate
11:10am	Allison Goldman , Lived Experience
11:30am	Sophie Major and Kris Kane , Lives Lived Well – Lived Experience within the MH and AOD sector
11:50am	Lauren Smith , Gather My Crew – Coordinated Informal Care
12:10pm	Lunch Look around stalls Meditation – Heartfulness Meditation
12:50pm	Workshop – Chaired by Rachael Carter, Hope Horizons
1:50pm	Anjani Kalra , UniSQ – Spiritual wellbeing
2:10pm	Afternoon tea Look around stalls and posters
2:30pm	Lee Faulkner , Triple M
2:50pm	Angelica Gasparrini – Lived Experiences from a Carer
3:10pm	Panel Discussion , Chaired by Lee Faulkner
3:40pm	Closing Address, Chris Black
3:50pm	Meditation session to close – Rebecca Attwood

Keynote Speaker – Zach Nightingale A story of survival, resilience, and hope

On 16 December 2017, Zach Nightingale's life changed forever when he was hit by a car while riding his motorbike through Toowoomba. The crash was catastrophic – Zach lost his leg, many of his organs were exposed, and he lost litres of blood. Doctors described his survival as nothing short of a miracle.

After more than 100 days in hospital and 17 surgeries, Zach faced not only the physical challenges of recovery but also the emotional and mental toll of trauma. Today, he courageously shares his lived experience to inspire others with a powerful message of resilience, recovery, and hope.

Now a motivational speaker, amputee advocate, and LifeFlight ambassador, Zach is dedicated to helping others understand the impact of trauma, the importance of mental health, and the power of second chances.

We are honoured to welcome Zach as our keynote speaker at this year's Wellbeing Symposium.

