

CONSCIOUS COMMUNITY VICTORIA

Leadership Summit — Brainstorm Document

A space for every voice in our community to shape what we create together.

From our call: amazing energy and lots of positive ideas about the different ways we can contribute to community.

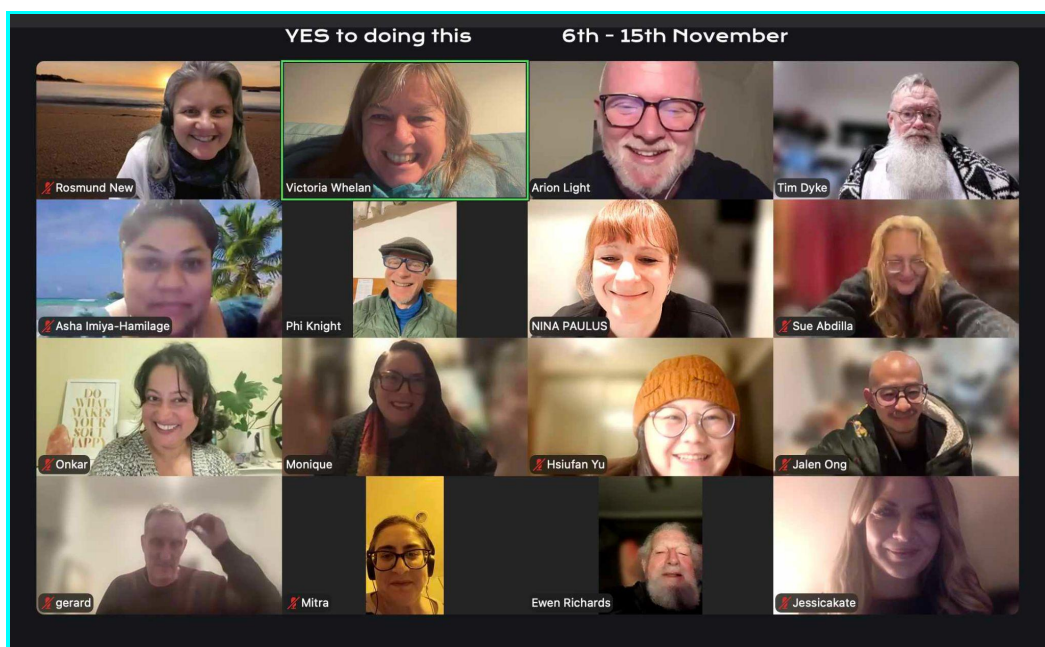
We'll gather again in a fortnight to nut out a clear vision for an online summit we can run together. This document is where your ideas start — tick what resonates, and write mkin anything that isn't listed.

PLEASE PUT YOUR NAME NEXT TO EVERYTHING YOU WRITE!! SIMPLE VISION

A conscious community online summit that brings together community by giving and receiving our gifts.

This is to be of service to our community and also deepen our own connections and networks throughout the creation and running of the event.

Notes from 28th July



6th - 15th Nov - 9 days - light weekdays - fuller on weekends

Who else is in the core team for this event?

Onkar to set up new whatsapp group dedicated to this project

Marketing, Platform, Programming groups

Closer to the time - a roster for the hosting

Pop you name under area of interests

You can select all three if you like

Marketing

Nina
Jason
Sue
Arion
Mitra
Asha

Platform

Jason
Arion
Jalen
Ged

Programming

Victoria
Jason
Sue
Asha

Platform notes

I personally don't think anyone will need to sign up to the supper or provide email etc... (so no ongoing management) all they need to do it join the CC Facebook page and enjoy the summit live from Facebook. (I'll add to doc)

It gets complicated as who would 'own' the database ongoing? - Monique

Marketing notes

If database is created for CC - Personally- if we are going to do that we all should be sponsors - Monique

Programming notes

I could see this summit format (once locked down) could be used for the !Devine Feminine Leader group and the Devine MasculineLeader Group to run summits . Stream straight into Facebook group using Ap .(I'll add to doc) - Monique

It may become just 3 to 4 days in October

Combining
20 minute TED style talks
60 Minute workshops
90 Minute ceremonies

Possibly using lunchtime and dinner hours to do 3×20 minute TED talks

Keep it moving

Also to offer coaching, especially for the 20 minute sessions to keep them concise and focus on the gold

Possibly having themed days or sections of the programming

Talk and workshop offerings

Omkar - TimeWaver Pro session

Asha: How to Human - The Basic Non-Negotiables Every Human Needs For A Healthy, Balanced & Successful Life

Asha: The Recovery Process - How To Rebuild Your Life and Mindset After Fear, Loss & Trauma

Monique - What is Soul-led Leadership

Monique - Rise Womens Housing Project

Names for the Summit

Tick any that resonate — or add your own below.

Rise & Radiate Summit

- ☐ The Conscious Leaders Gathering
- ☐ Grow, Connect, Thrive X vw
- ☐ Community in Bloom Summit
- ☐ The Awakening Circle
- ☐ Roots & Wings Leadership Summit X vw
- ☒ Conscious Community Victoria Leadership Summit

Other name ideas:

Arion: Community Festival!

The Awakening Summit - Phi

Conscious Community Victoria Leadership Summit – Onkar (because people already know this now)

Conscious Community Legends!! - Victoria

Conscious Community Victoria Showcase - Ged

Mission Statement

What is this summit here to do? Tick what feels true, and add your own words.

- ☐ To give our group a clear container to get to know each other and express our unique leadership.
- ☐ To create a safe, soulful space where community members feel seen, heard, and supported.
- ☐ To activate and amplify each person's leadership gifts in service of the wider community.
- ☐ To weave individual dreams into a shared, thriving community vision.

Your version of the mission statement:

Serving each other to expand leadership within community (Arion's opening words on third call) - Tim D

Also good for us to be clear about what this is NOT e.g. giving workshops that can be offered elsewhere e.g., in the Conscious Community Victoria FB space - Tim D

To create a healthier, happier and more peaceful world

To raise the vibrations of humanity! - Ros

To strengthen each person's leadership in service of one another and a thriving community. - Phi

“To discover what becomes possible when people stop working in isolation and begin creating together. This summit is a contribution to community. It is a place to share practical wisdom, meaningful experiences, and ideas that can support positive change.

It is an opportunity to build genuine relationships, strengthen existing connections, and discover new possibilities for collaboration.

It is a space where diverse perspectives, backgrounds, and approaches can coexist with mutual respect and curiosity.

Most importantly, it is a chance to explore what becomes possible when people come together in service of something greater than themselves, and to discover what we can create together.”

— Onkar

Monique

Name:

Conscious Community Victoria Leadership Summit

Theme:

Grow, Connect, Thrive

What:

A showcase of our community voices.

Why:

Community solutions to lead social renewal.

Q's:

Does Conscious Community have a website... do you/we want one? Ongoing management?

Or keep it Simple and stream into the Facebook group.

Core Values

What values should anchor this summit and how we run it?

- ☐ Authenticity X vw
- ☐ Connection X vw
- ☐ Inclusivity
- ☐ Courage
- ☐ Playfulness
- ☐ Service X vw
- ☐ Trust
- ☐ Collaboration over competition X vw

Other values:

All of the above...connection

All of the above

Yes very important that it's a culture of collaboration - Nat

Arion: Community. Service

Connection and community service - Phi

Id add curiosity and Humility.

Curiosity – Because curiosity allows different modalities, different beliefs, different culture, different approaches to coexist without needing agreement.

Humility – Because communities often fail when everyone becomes a teacher and nobody remains a learner.

- Onkar

Summit Structure

Help us shape the format, length, and access of the summit.

Overall Format — tick your preference

- ☐ Option A — Three-day summit, 4 hours a day X vw
- ☐ Option B — Seven-day summit, 2 hours in the evening each day
- ☐ Option C — Weekend intensive: 2 days, 6 hours a day X vw
- ☐ Option D — Single deep-dive day, 8 hours with breaks

Other format idea:

Arion: I'm going big! 9 days (two weekends) 4 workshops a day!

It's a big mission so I think it needs to be big - Nat

2 days, half day each, or longer during the day but over 2 days

X vw - walk before we run approach

Option B or C – Onkar

Suggested Length of Each Online Session

- ☐ 45 minutes
- ☐ 60 minutes X vw
- ☐ 90 minutes

Other session length:

Arion. I think 60 minutes, then maybe an opening and closing ceremony?

Perfect, love the idea of opening and closing ceremony too - Nat

Love opening and closing ceremony-)(45 mins) Monique

45 mins - Phi

45 min – Onkar

Access & ContributionI

- ☐ Totally free
- ☐ Small token payment for commitment

Other access idea (e.g. sliding scale, pay-what-you-can):

\$5 - (unless financially challenged then free) - Phi

*Monique - sliding scale \$5 - \$50 Donation (once you do the costs - you will find the tech will cost a lot for this)
makes people commit.*

vw I like this too

Arion: I love free. (myabe a by donation)

Are there any costs that need to be covered? - Nat

A donation that can go to an agreed charity cause? - Ros

Small token \$5-10 – Onkar

Workshop Ideas

What sessions, talks, or workshops would you love to see or offer?

- ☐ Discovering & expressing your unique leadership style
- ☐ Conscious communication & holding space
- ☐ Vision-boarding your community project or dream
- ☐ Somatic practice / breathwork / grounding session
- ☐ Storytelling as a leadership tool
- ☐ Building resilience through community

Other workshop ideas:

Monique - won't each presenter bring their unique voice and ideas?. That's the great thing about it - a festival of great community thinking on how to better our society. It also reflects our current community.

Arion: Sue mentioned themes like womens work, mens work ect?

Sue: Leadership the Feminine Way

Sue: Guided journey - Awaken & Embody Your Leader

Great idea Sue, I love that suggestion re Feminine Leadership - Nat

Could we have a section for each of Human Health, Animal Health and the environment? - Nat

Mens and women's work would then fit under Human Health - Nat

Feminine and Masculine support - Ros

Practical tools for human life - tips and tricks on how to human in a ever evolving world - Asha

The Power Within: Cultivating Presence and Building the Inner Foundations of a Better Society — Phi Φ

All of the above - Monique

Other Summit Ideas

Anything else that could be woven into the summit itself.

- ☐ Opening & closing ceremony / ritual
- ☐ Live music or sound healing interludes
- ☐ Small breakout circles for deeper connection
- ☐ Community resource & offerings marketplace
- ☐ Live Q&A / open mic session

Other summit ideas:

Arion: Prizes

Like the idea of joining an optional pod for the event to meet with once a day? (love this idea) like meet for dinner that night somewhere? - Monique

Dinner is a good idea - Phi

Other Dream Ideas

Room for individual mentoring and supporting each other's dreams into being.

- ☐ 1:1 or small-group mentoring matches
- ☐ A dedicated space to pitch a dream or project for support
- ☐ An ongoing peer accountability / buddy system
- ☐ A community directory of skills and offerings

Other dream ideas:

Arion: Watch Partys? (love that - Monique)

Yes a Dream Big section where people can brainstorm/pitch their ideas - Nat (yes!) Maybe a wall on the website.

Now I've how though it all. Maybe the summit participants are answering a question. - Monique

We need these grass roots/ community insights to hit the mainstream... to actually better our culture that's in crisis.

Maybe each presenter has to answer the question about how their... insight and offerings will help take out current community forward. It's obvious to us - but to the average punter it's not.

Platform Development

What should the platform be able to do - features?

1. Host how many participants?
2. Livestream?
3. Breakout rooms
4. Participant registration
5. Email reminders
6. SMS reminders?
7. Save as calendar

Zoom alternatives:

1. Go Brunch: <https://appsumo.com/products/gobrunch/>
 2. Be Human Online: <https://appsumo.com/products/behumanonline/>
-

Introduce Yourself

In 100 words or less — who are you, and what do you bring? Include links to your website and social media.

Copy to add yours

Name:

Kathryn Toomey

About me (100 words):

Kathryn Toomey is a remedial massage therapist, author, podcaster, workshop facilitator and educator based in Melbourne. Qualified in Remedial Massage, Reflexology, Infant Massage Instruction, Reiki, Aromatherapy and Sound Healing, she also creates art, oracle cards and wellbeing resources, facilitates workshops, markets, and inspires women through holistic health, creativity, personal growth and meaningful connection.

Website:

www.kathryntoomeymassage.com

Social media links:

[@thehappykathrynmessage](#)

Name:

About me (100 words):

Lisa

Website:

www.lotusconsulting.org

Social media links:

Name:

Tim Dyke

About me (100 words):

Refer [Tim Dyke](#) (on CC Victoria Leadership Alliance - also known as Ged's page)

Website:

<https://www.leadingwellgroup.com.au>

Social media links:

[Tim Dyke | LinkedIn](#)

Name: Arion Light

About me (100 words):

I'm passionate about love in action. I serve the remembering that WE ARE LOVE, that this love can become a current COME FULLY ALIVE IN OUR BODIES then unleash into a flow of expression and action so we become LOVE IN ACTION.

Website: arion@arionlight.com

Social media links:

Name:

Victoria Whelan

About me (100 words):

A creative producer, ideas factory, and self-styled change-maker igniter. Produced festivals, with Deepak Chopra, Susanne Vega, Rising Appalachia, and Deva Premal & Miten, co-produced over 30 albums at her Dartmoor studio, and released eleven of her own, including *SHE Nation*. Beyond producing, she runs Embodied Astrology, Family Constellations, and Tarot workshops, and coaches entrepreneurs and "soulpreneurs" to transform passion projects into viable, purpose-driven businesses. Her work sits at the crossroads of creativity, spirituality, and love as activism — helping people find their zone of genius and bring it, boldly, into the world.

Website:

<https://victoriawhelan.com/>

Social media links:

<https://www.linkedin.com/in/victoria-whelan-a1b85720/>

<https://www.facebook.com/victoria.whelan.35/>

<https://www.instagram.com/whelanvictoria/>

Name:

Dr Natalie de Morton

About me (100 words):

Dr Natalie de Morton is an online businesswomen and entrepreneur. She is a physiotherapist of more than 20 years, leading teams in clinical and research roles in Australia and overseas. Her PhD was in Ageing where she developed the DEMMI, the first instrument that accurately measures mobility of all people. Her mission is to elevate the consciousness of the planet, elevating human health, animal health and making the planet greener! She is passionate about Feminine Leadership and collaborating with self led and soul led sisters and brothers.

Website:

www.nataliedemorton.arbonne.com

www.demmi.org.au (not currently online)

Social media links:

IG & Threads - [dr.natalie.demorton](https://www.instagram.com/dr.natalie.demorton)

FB - Natalie De Morton

<https://www.facebook.com/share/1dNPbtwZz8/?mibextid=wwXlfr>

LinkedIn -

https://www.linkedin.com/in/natalie-de-morton-021b76234?utm_source=share_via&utm_content=profile&utm_medium=member_ios

Name: Rosmund New (Ros New)

About me (100 words): I work as a Quantum Empathy Technique Practitioner (QET) it is heart based work that tunes into the souls of humans and pets to hold, witness and show a mirror to what is happening. This modality isn't to fix but allow what is channeled through in the quantum field sometimes the soul make take clients on a journey. This modality is a mixture of heart based, energetic work, Reiki and mediumship.

Website: <https://linktr.ee/RosNewQET>

Social media links:

FB <https://www.facebook.com/RosNewQET>

IG <https://www.instagram.com/rosnew.qet/>

TikTok <https://www.tiktok.com/@rosnewqet>

LinkedIn: Rosmund New

Name: Asha Imiya-Hamilage (Asha IH)

About me: As a survivor of war, family violence, torture and multiple near death experiences, I spent my life helping others heal while also learning to heal and reprogram my own subconscious mind. I work with the Aura, mind, body, soul and chakra systems to help people and their pets heal from abuse and trauma and move on to live happier and healthier lives. I use multiple modalities including Hawaiian Lomi Lomi, Kinesiology, Reflexology, Breathwork, Meditation, Hypnotherapy, Spsych-K, Somatic Intelligence, Parts Work, Emotional & Epigenetic Clearing to name a few in my work. Results are often instant.

Website: asha-ih.com

Insta: [escape_plan_reloaded](#)

Facebook: asha IH

Monique McNamara

- Soul strategy sessions
- Wisdom Within Wellbeing
- Flourishing Foundations- creative and spiritual resilience program.
- Working Better Together(consultancy)

https://www.instagram.com/moniquemcnamara_soulstrategist

Nina Paulus

I've worked across marketing, events and business growth for more than 17 years, from startups and community projects to large international organisations. I enjoy helping turn ideas into something real, whether that means shaping the message, building an audience, finding partners, promoting the event or keeping the planning on track. I've led large campaigns and teams, worked on events with more than 10,000 attendees, and built my own ventures from scratch. For the Conscious Leadership Summit, I'd love to help with marketing, audience growth, partnerships and the practical side of event planning so the event feels clear, engaging and well organised.

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Outcomes

- *A festival of great community thinking on how to better our society. - Monique*
 - Show case current thinking in our community- Monique
-

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Outcomes:

What do we hope this summit creates in the world? Tick all that call to you.

- ☐ Connection
- ☐ Mentorship
- ☐ Supporting each other's enterprises or projects
- ☐ Resilience
- ☐ Spin-off events

- ☐ Marriages and babies
- ☐ New friendships
- ☐ Collaborations & partnerships
- ☐ Personal growth & confidence
- ☐ Greater visibility & reach for community projects
- ☐ Fun, joy & celebration

Other outcomes you'd love to see:

All of the above

Incredible positive statewide impact for all involved

Funding of the rollout of programs!!! State wide community intervention!! - Monique

A podcast would be cool - Monique (they have set ups in libraries now)

Skills We Might Need

What skills could you offer to help bring this summit to life? Tick all that apply.

- ☐ Events organisation
- ☐ Tech (platform, streaming, troubleshooting)
- ☐ Graphic design
- ☐ Catering
- ☐ Photography
- ☐ Videography / editing
- ☐ Marketing
- ☐ Copywriting / content writing
- ☐ Social media management
- ☐ Hosting / facilitation
- ☐ Admin & coordination
- ☐ Website / landing page design
- ☐ Budgeting & finance
- ☐ Accessibility & translation
- ☐ Community moderation & support

Other skills you could offer:

My podcast spiritualish , devotional touch and counselling

I can offer workshops in 1) massage techniques, (general)(massage train) 2) making body oil tinctures with aromatherapy. 3) Baby massage training (we don't massage but we show parents /carers. IMIS qualified. 4) Holistic wellbeing which can include discussions about diet, exercise, lifestyle. (Midlife, life changes, menopause) 5) Massage for mensies, endometriosis, PMS.

Arion: Marketing. Im seeing three main teams.

The Platform Crew - Getting the tech right and the booking and calendar system for each workshop.

The Workshop Crew - Liaziing with workshop crew

The Markeing Crew - Getting the word out

- I will help promote - Monique
-

Name:

Lisa

Other Ideas:

Arion:

Free Gifts

If you are really struggling support.

Pop up workshops

Prizes

Interviews

Connect with other groups

KEY Questions:

Name?

Theme?

Team Commitments?

Time?

Duration?

Number of Workshops a day?

What platform will we use?

How will we deal with conflict?

Marketing Materials?

Budget?
