



KATHERINE  
TOWN COUNCIL

# FREE Resilience and Well- being in Tough Times



october  
BUSINESS  
month 2024



The Y  
Henry Scott Recreation  
Centre, Katherine

Choose one of three women's workshops

9 am - 10.30 am

Thursday 24th October

2 pm - 3.30 pm

Thursday 24th October

9 am - 10.30 am

Friday 25th October

**Free  
Registration**

Includes access to one-hour  
online follow-up sessions via  
Zoom for 3 months. This is an  
October Business Month  
event. Please register at  
**obm@nt.gov.au** or phone  
Katherine Town Council, **8972  
5500** for more information

## SUE KOHN-TAYLOR

"Mastering others is strength; mastering  
yourself is true power"



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Australian Government  
Department of Agriculture,  
Fisheries and Forestry



Future  
Drought  
Fund



FRRR  
Foundation for Rural  
Regional Renewal



Australian  
Rural Leadership  
Foundation



THE  
MENTAL FITNESS  
COMPANY

**Be strong, be brave, be steadfast.**

# **A MENTAL FITNESS**

**workshop to give women in agriculture and horticulture the tools and skills to manage well-being during future disasters or extreme weather events such as flood and drought, facilitated by internationally acclaimed facilitator and coach, Sue Kohn-Taylor.**

## **2024 SILVER WINNER**

**WOMEN CHANGING THE WORLD AWARDS, LONDON, UK**

Sue has been a regular on TV, a columnist, and a public speaker. Her mission is to share the importance of building mental and emotional fitness and self-development to overcome life stress, pressure and challenges: "As the founder of The Mental Fitness Company, I combine personal development, positive psychology, wellbeing, and mind training to educate and empower others. My goal is to make being human an easier job."



### **"I'd never experienced a drought before.**

I naively thought it would just be a 'dry time'. But it wasn't. It was years of anxiety, a physical burning sensation coursing through my body, triggered daily by the sight of bare dirt where lush paddocks once thrived. Skinny cows, nursing their calves, used precious energy to trot toward the sound of the tractor delivering feed. Every day, I wanted to leave. My husband

reassured me, 'It will rain again.' I believed him for the first six months. It took two years, but it did rain again. It rained and rained – the wettest year on record. I wish I had known good times would come again. I wish I had been more resilient and better prepared. It was the worst time of my life, but it didn't need to be. I urge everyone to take advantage of this mental fitness workshop – prepare your mind because drought will come again, just like the rain." **Jo Brosnan**