



OUR MISSION

The Bond University Women's Network (BUWN) seeks to be an inclusive network of women and those who value and respect women, from the Bond community. We aim to empower the women of the Bond community to connect and make a difference, instilling a sense of compassion, care and community as respected and valued members of the University. BUWN endeavours to achieve this by supporting and assisting Bond women with their own development, as well as providing a forum to promote all causes for the betterment of women and families. Most importantly, we celebrate women for all that they are and all that they do.

We know that women of the Bond Community already understand the importance of education as a means of empowering women, so a significant part of our agenda is the provision of awareness raising and networking opportunities which enable our women to better accomplish their full potential.

BUWN endeavours to support and inspire each other by sharing our journeys, education and experiences. We encourage all members of the Bond community to join our membership.

Our website and Facebook site will provide a hub for the sharing of all the interests of women from the Bond community, including local community events.

BUWN THEME FOR 2021

2020 was not an easy year so BUWN committee members knew choosing an appropriate theme for 2021 would be challenging. However, looking at the resilience shown last year, and particularly how Bond staff and students diversified so quickly and positively, BUWN felt the overwhelming theme for 2021 was 'Thrive'.

Throughout the turmoil of COVID-19 and its impact on our individual lives, we saw how many women adapted to our 'new normal'. Through difficult times it's still essential to visualise possibilities more than limitations. It is about having purpose, intention, affirmation and taking action towards becoming the best versions of ourselves. Thriving means to grow vigorously; to flourish and to progress towards our goals despite the circumstances. And that's what we've seen our BUWN community do.

In 2021 we celebrated women who are doing wonderful things, the opportunities which will be created and relished, and the thriving group of supportive women in our flourishing BUWN community.

2021 EVENTS

INTERNATIONAL WOMEN'S DAY COCKTAIL RECEPTION

Thursday 16th March, 4pm-6pm, Princeton Room and via Zoom

Special Guest Speaker: Rachel Hancock

Rachel shared her pivotal moments in her journalism career as editor of the Gold Coast Bulletin and deputy editor of The Courier-Mail and Adelaide's The Advertiser. She experienced moments of discrimination and disappointment which was offset by her personal determination and resilience. Rachel credits her supportive family and influential mentors as instrumental in assisting her to "thrive" in the face of challenges and adversity.

Rachel was the first female editor of one of the country's most quirky and successful tabloids, the NT News. Her unique experiences were the source of many amusing stories that entertained the audience. She quickly learnt that crocs were readership gold, but they had to share the spotlight with award-winning investigative journalism.

Rachel's presentation was followed with an opportunity for guests to ask questions during the 'Q&A' session with Cath Webber. The overall event was very well received with our guests commenting they enjoyed the speakers a great deal. They were interesting and engaging while being relevant, relatable and authentic – it felt like a 'fireside chat'

Attendance: 76 (59 General On Campus, 10 Students On Campus, 7 Zoom)

Charity: International Women's Day, Dress for Success



BREAKFAST SEMINAR

Wednesday 26th May, 7am – 9am, Princeton Room

Special Guest Speakers: Michelle McLean and Justine Dillon

Michelle delivered a thought provoking and informative presentation on how we have become disconnected from our natural environment and have largely taken the planet's limited resources for granted. Michelle explained why it is so important for us to rekindle our connection with our natural environment and our oneness with the planet as it is essential for our health and well-being. Professional practitioners are increasingly prescribing nature-based therapy or eco-therapy, such as forest bathing in mental health plans as it has not only psychological benefits but also physiological. As global citizens who practice environmental stewardship, we can also contribute to the health and well-being of others now and in the future. Michelle was then joined by Justine Dillon and together the concept of oneness with the planet was further explored as they incorporated Indigenous People's connection to 'country'. Michelle left attendees invigorated and motivated to reconnect with our earthly 'roots' as a citizen of a planetary ecosystem that requires much TLC.

Justine explained her work with the Kombumerri traditional lands and shared her perspectives on conversation.

Attendance: 91 (79 General, 12 Students)

Charity: Heart Futures

Feedback from attendees include:

Attendee 1

Full of omelette, bacon and Davidson's Plum jam I write to say thank you for another excellent morning.

There were many delightful organisational details (the table decorations, lids for our little tubs, the tasting plate itself) and an effective amalgam of indigenous and western perspectives.

It seems to have taken the west a long time to realise what was modelled for them all along.

Thank you to Michelle for the breadth of her presentation and the way it emphasised the centrality of nature and our environment. I hope our behaviour matches our understanding and rhetoric. Certainly there is no doubt that we each bear a part and that simply being a spectator in such an undertaking is not an option.

Thanks also to Justine who was wonderfully refreshing in presenting an indigenous perspective. Refreshing and energetic and clear.

Attendee 2

Thank you so much for the presentation, it was absolutely the one I've enjoyed the most in my many years of being on the BUWN committee and attending the events.

I actually wasn't going to haul myself out on a winter morning until I saw you were presenting and your topic, and then I couldn't stay away 😊

I searched for Justine in the directory but couldn't find her... I would love to thank her for this morning as well, and to volunteer to help with the Indigenous forest behind architecture if that is possible. I'm a mad keen gardener – my household nickname is mudpie for obvious reasons 😊 Do you know how I can let her know?

Attendee 3

Thank you for your inspiring talk yesterday at the Bond women's breakfast seminar. What an important and timely topic.

I am a current academic tutor and PhD candidate (submission in 6 weeks) at Southern Cross University and have just started teaching psychology research methods at Bond this session.

My PhD topic is "The role of whole-of-diet nutrition in mental health: dietary patterns and depression." I am highly passionate about changing practice in formative years (early childhood/primary school) to teach our children where their food comes from and get them into the garden. Much research suggests that children who watch cooking programmes and are involved in fruit and vegetable gardening are more likely to make healthy choices, forming a foundation for their adult years and become more aware of the importance of the environment they live in.

I am also a keen supporter of sustainability and protecting the environment for our children and am an advocate for women's health. I have written some publications on these topics in psychology journals.

I would be very interested in networking with other academics and researchers at Bond who share my enthusiasm for these topics and would love to be involved in any collaborations or events that support women, children, sustainability and mental health.

Have a wonderful day. You are an inspiration.



WOMEN IN RESEARCH BREAKFAST SEMINAR

Wednesday 20th October, 7am-9am, Princeton Room

Speakers: Rani West, Lisa Gowthorp, Dawn Bennett

The Bond University Women's Network breakfast seminar this year was MCed by Prof Keitha Dunstan and showcased researchers at different stages of their research career, highlighting the impact their research has on the community.

The three speakers shared their experiences from their respective performance backgrounds to their research PhDs and the challenges they faced along the way both from a work and personal perspective.

Rani, from an early career point of view, discussed her passion for swimming leading her to explore a PhD in the underwater dolphin kick, which changed over the course of her research. With the support of her family and partner, her philosophy is that 'if she doesn't do it, who will?'

Mid-career researcher Dr Lisa Gowthorp spoke about her history with swimming, gymnastics, canoe and the AIS which led to her PhD in Governance in Sport and her relationship with the media. Lisa identified that she is still learning to say no and that she doesn't need to research everything.

Professor Dawn Bennett gave a personal, emotional, and informative presentation on her journey from musician to Professor and how she learned to be brave at each stage. She focused on the need to work with good people, to keep doors open and not burn bridges and that leadership is something you can learn along the way.

The common themes that ran through their presentations were that each had experienced the 'imposter syndrome' feelings and at the conclusion of the event it was noted by all that this can be a positive emotion of humility. Each of the speakers are looking forward to the 2032 Brisbane Olympic Games and the benefits this will bring not only to sport, but to the local and national community.

Attendance: 99 (67 Staff, 10 Community/Alumni, 22 Students)

Feedback from attendees include:

Attendee 1

I loved the humility of the speakers in the experiences they shared. The ability of these speakers to turn what may be perceived as weakness or difficulties, into strength & perseverance. It also made for a relaxed atmosphere having the presentations over breakfast.

Attendee 2

Loved the diversity of the speakers, so engaging. Great choice for this event. Would love to have seen some BUSA engagement or representation. Would also have liked to have seen more questions from the audience, perhaps from a planning perspective we look to planting some questions going forward to encourage more interaction from the audience.

Attendee 3

The wonderful stories from 3 very brave and extremely inspiring women!

Also loved the opportunity to sit and chat with people from across the University who we don't see often, or work with day to day.



WHITE CHRISTMAS HIGH TEA

Friday 26th November, 4pm-6pm, Princeton Room

Our most popular and final event for 2021, provided our attendees with an opportunity to come together and reflect on what has been an extraordinary year. This was a perfect way to review and celebrate the year by sharing some highlights with fellow BUWN members while sipping champagne and enjoying delicious canapes.

Attendance: 148

Charity: White Ribbon Australia



COMMITTEE MEMBERS

The members of the 2021 committee are:

Chair	Keitha Dunstan
Academic Staff	Jane Hunt Lisa Gowthorp Amy Bannatyne
Professional Staff	Tanya Forbes Hayley Martin Lesley Delaney
Students	Siena Chandler Eileen Truong Victoria Roth Mei Khuthir
Alumni / Community	Norma Swain Julie-Anne James Shirmie Tan
Co-opt member	Garry Nucifora Cath Webber Narelle Urquhart Mairead Courtney
Secretary	Leanne Stewart

ENGAGEMENT ACTIVITIES

EVENT ATTENDEE SURVEY

In 2021 three event surveys were circulated to attendees to ascertain their satisfaction with the overall event. Feedback resulted in question 'How would you rate your satisfaction with the event' receiving a means response average of 4.76% out of 5.

BUWN MEMBERSHIP

- Decreased slightly to 803 members (from 827 in 2021)

2022 PLANNED EVENTS (TENTATIVE DATES)

Date	Event
8 March	International Women's Day Cocktail Reception
1 June	Breakfast Seminar
22 July	Speak Up Forum
12 October	Women in Research
25 November	White Christmas High Tea

TERMS OF REFERENCE

MEMBERSHIP OF THE STEERING COMMITTEE

BUWN activities are coordinated by a Steering Committee including corporate and appointed members.

Corporate

- Vice-Chancellor's Representative (Liaison with VC and UMC)

Elected

- Three Academic Staff members
- Three General Staff members
- Four Students (Postgraduate and Undergraduate students)
- Two Alumni members
- Two Community/Friends of Bond members

The Committee is able to co-opt others as required.

TERM

When a vacancy arises BUWN will ask for expressions of interest. Where there is more than one nominee, committee members will vote on the appointment. Each member will be appointed for a period of two years.

WORKING GROUPS

Will be formed on a project basis and will consist of members drawn from the Bond University Community. Makeup of the working groups will be determined by the nature of the project at hand.

PROCEDURES

Membership	Members to be recorded and maintained.
Terms of Reference	To be reviewed regularly.
BUWN Report	Reports to be tabled at UMC every twelve months.
Business Plan	An annual action plan is to be prepared detailing network activities.
Finance	An annual revenue and expenditure statement will be prepared in accordance with the Bond University policies and procedures.