

## The Brave Foundation Presents... **THE GIFT OF TEENAGE LIFE**

*"It's not what society can do for me...but what I can do for society"  
New Town High School Assembly, Tas, 2009*

- ✓ **8 Secrets to MY teenage life: MY self value, MY needs, MY dreams, MY confidence, MY beliefs, MY choice, MY encouragement, MY safe place**
- ✓ **Living a life by default or design**
- ✓ **Power of choice: Proactive vs Reactive**
- ✓ **Your life plan in 3 promises**
- ✓ **Finding and knowing your safe places**
- ✓ **The reason for your choices: Values vs Emotions**

*"Bernadette Black is amongst the best communicators in Australia. At a time in history when young people are facing powerfully conflicting messages from a range of sources, Bernadette offers a voice of hope and possibility: A voice that we have never before needed so urgently.*

*I warmly recommend Bernadette to any group seeking to assist people make great choices as they overcome challenges of any size in the pursuit of a brighter tomorrow".*

*Mr. Jonathan E Doyle (B.Ed Sec Spec MLMEd)  
National Director  
Choicez Media*



# BIOGRAPHY

## **Bernadette Black, Member of National Speakers Association of Australia.**

*Bernadette is no stranger to adversity. From the death of her father at a young age, to the potentially life-altering effects of a teenage pregnancy, she has never lost hope or direction for a great tomorrow.*

*In consistency with Bernadette's life story of transitioning from one circumstance to another, comes her message of equipping others with the realisation that nothing is impossible, regardless the size of the opposing giant!*

*Today, a happily married mother of three (and Registered Nurse), Bernadette has been speaking professionally since 2006 to thousands of people nationwide, about her story of courage and design for a great future. Bernie's transparency shines through as she visually unwraps her own life journey of 'being positioned for transition' to varied groups. She delights in adapting her enthusiastic message to meet individual client needs, from teenagers to the senior in our communities, and every age group in between.*

*In 2009, amongst some 3000 nominations Bernie was awarded the '2009 Barnardos Australian Mother of the Year', in which her teenage son nominated her. Alongside this title, Bernadette has received further accolades since her emerging role in the public eye:*

- 2006 Author of published book "Brave Little Bear: the inspirational story of a teenage mother"
- 2008 Finalist Australian of the Year
- 2009 Barnardos Tasmanian Mother of the Year
  - 2009 Barnardos Australian Mother of the Year
  - 2009 Founding Director of Brave Foundation, a Not for Profit Registered Charity. Brave Foundations mission is to provide educational opportunities and scholarships for young women facing unplanned pregnancy.
  - 2010 Featured in , 'Who's who of Australian Women,' which compiles Australia's most influential women.
  - 2010 Ranked first in the nation wide web poll, 'Australia's most Confident Woman.'



*Although these accolades hold a special importance to Bernie, is it her strong commitment to helping others walk out a life by design that she is most passionate about in her role as professional speaker. Bernie has featured in all forms of print, radio and television media nationwide and specialises in speaking at women's conferences, educational and health conferences, community conferences and secondary schools. In addition to her key-note speaking, Bernie offers full day workshops or 'reflection days' exploring her messages further.*

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