



Destiny Marshall, Ainslie Quilty from Crowne Plaza, Bonnie Cooper, Jo Heighway from SMSF Outsource Solutions and Lindzee Moffatt-McDonald. Picture: PETER CLARK

Lunch with the girls a boost

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STAYING inspired while at school isn't always easy, but a special lunch for a group of Brisbane Water Secondary College students could prove to be the secret ingredient.

Sixteen year 10 students from the college recently descended on Crowne Plaza Terrigal for the first Beacon Foundation Lunch with the Girls event.

Designed to help inspire female students and foster self-confidence, the lunch saw students paired up

with successful professional women in the community who acted as mentors throughout the day.

"This was the first time we have ever held an event like this on the Central Coast and it went very, very well," NSW coordinator for the Central Coast, Hunter and Port Stephens region for the Beacon Foundation, Dyan Thais said.

"The program places an emphasis on helping young women develop positive

self-esteem, as well as developing their motivation, goal-setting skills and self awareness."

Students and mentors completed a number of tasks throughout the day, with all the mentors volunteering their time for the initiative.

"The mentors all shared a bit about their journey and how they got to where they are in life which was great for the students as it showed them what they can achieve," Mrs Thais said.