

# Food for Thought

## March 2010 - Newsletter

The Food for Thought Network is an incorporated not for profit body and consists of a team of fabulous women of diverse disciplines, ages, interests and experience.

We aim to make a difference in people's lives through the inspirational and memorable events and the networking opportunities that follow.

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## International Women's Day

**International Women's Day** is celebrated worldwide on **March 8**. This year it coincides with Labour Day in Victorian and Tasmania which happens to be a public holiday.

We hope that you will take some time to celebrate and reflect on your achievements and set new goals, as well as reflect on women's achievements worldwide. There are many events to choose from. The official website of IWD is <http://www.internationalwomensday.com/>; it includes links to all the IWD events scheduled around Australia.

## Next Event - Everyone Needs a Mentor

Friday 19 March, 7.00 pm [Yiannis Tavern](#) - 840 High Street Kew

Research carried out by Catalyst suggests that talent and hard work are not the only ingredients for success. These are definitely necessary ingredients, but they are not the only ones. Mentoring and networking are seen as a way of accelerating Women's performance and career prospects.

Our guest host for the evening **Maria Dimopoulos** together with our guest speaker **Gillian Johnson** will be discussing the importance of a mentor in our lives. [Click here to book now.](#)

[Maria Dimopoulos](#) Managing Director of MyriaD Consultants, is a diversity trainer, facilitator, and organisational change specialist. She has worked extensively with immigrant communities on issues including aged care, health, domestic violence and the law and is a former chair of the Association of Non English Speaking Background Women of Australia. She has served on a number of boards and committees, including the Chief Justice's Ethnic Communities Advisory Committee to the Family Court, and has undertaken work for organisations including the Islamic Council of Victoria, Australian Multicultural Foundation and Human Rights and Equal Opportunity Commission. Maria has received an Amnesty International Human Rights Award for her work on the legal needs of women from non-English speaking backgrounds.)

[Gillian Johnson](#) has been involved in education, mentoring and learning & development since 1993. She has designed and implemented national mentoring programs for tertiary nursing students across Australia and more recently has been the driving force behind the creation and launch of the Australian Mentor Centre. A former Army Education Officer, she holds tertiary qualifications in adult education, computer education, professional development and instructional design. She is a member of the Australian Institute of Management, Australian Institute of Training Development, and Australian Institute of Company Directors. She is also qualified to benchmark mentoring programs under the International Standards for Mentoring Programmes in Employment.

## Launch - Mentoring Program

The **Food For Thought Mentoring Program** is aimed at accelerating your personal and professional leadership performance. Our program will source you a mentor and equipt you to have successful conversations to develop the areas that you need support. If you are willing to be a mentor or interested in finding a mentor more information will be available at our event on [March 19, 2010](#).

## Mentoring - Suggested Reading

- ***Everyone Needs a Mentor*** - David Clutterbuck
- ***The Mentee's Guide to Mentoring*** - Norman H. Cohen
- ***Making Coaching Work*** - David Clutterbuck
- ***Mentoring and Diversity*** - David Clutterbuck, Belle Rose Ragins
- ***Mentoring: The Tao of Giving and Receiving Wisdom*** - Chungliang A. Huang

## Networking at FFTN

**Food for Thought Network** provides amazing and unique opportunities to meet people from all professions, ages and backgrounds. If you would like further information about joining our network please [click here](#).

## Our Sponsors

Without our sponsors and supporters we would not be able to reach our goals. We would like to thank:-

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