



MY RYLA 2023 EXPERIENCE

By Heidi



INTRODUCTION

Bachelor of Advanced Science (Honours)

Majors: Chemistry and Mathematics

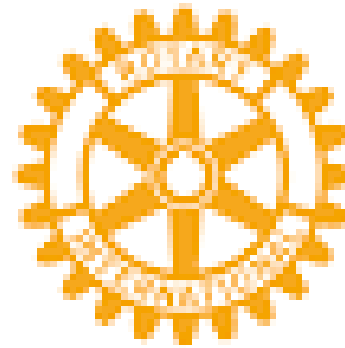
20 yrs old



2023

RYLA

IMAGINE • BELIEVE • ACHIEVE



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PERSONALLY

2023
RYLA
4
IMAGINE • BELIEVE • ACHIEVE

- Acceptance towards how everyone's journey is different
- Better understanding of self
- More open
- Build upon wellbeing toolkit

PROFESSIONALLY

2023
RYLA
5
IMAGINE • BELIEVE • ACHIEVE

- More comfortable in leadership roles
- Strategies for managing difficult conversations
- Better goal setting

FINDING PURPOSE

- Exploring options
- Volunteering
 - World Science Festival
 - O-week leader
- Industry mentor



**“ IT IS NOT THE END WHEN THINGS
CHANGE... IT IS JUST THE
ENDING OF ONE WAY AND THE
BEGINNING OF A DIFFERENT WAY.”**

Bruce Sullivan



2023

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IMAGINE • BELIEVE • ACHIEVE
8

HOW I THINK RYLA COULD BE IMPROVED

- Earlier bedtimes (sleep is essential to function and to be present on camp)
- More sensitive to the past experiences of attendees
- More personal reflection time (to recharge and reflect)

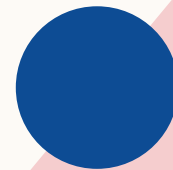
2023

RYLA

IMAGINE • BELIEVE • ACHIEVE

TOP THREE LIFE LESSONS

- Motivation will only get you so far, your mindset and ability to implement techniques successfully is the way to long term success.
- You never know what someone else has or is experiencing.
- You should always be yourself, everyone else is already taken.



**THANK YOU
SURFERS
SUNRISE**

