

Day One - Friday 31 October 2025

Plenary Sessions

- **Conference Opening**
Speaker TBC
 - **Setting the Scene: Navigating Rough Waters - Support Networks for Youth**
Dr Georgia Rudd - University of Auckland / Our Voices Project
 - **Speed Meet - Whakawhanaungatanga in Action** - meet new faces & build relationships
 - **Silent Struggles: Unpacking Eating Disorders in Youth**
Kellie Lavender - Eating Disorder Specialist
 - **Inside the Youth Digital Sexual Landscape - Trends, Research and Risk**
Nikki Denholm - Founder of The Light Project, MNZM
 - **Beyond Labels & Embracing Neurodiversity**
Tom Little - Neurodiversity Advocate
 - **ADHD in Aotearoa - The New Clinical Framework Explained**
Speaker TBC
 - **Panel: Too Young to Scroll? Social Media and the Under 16s**
Expert Panel
 - **Table Talk** - Join a table talk session with an expert
 - **Transforming Youth Care: Waikato Hospital Youth Networks Impact**
Paulette Archer, Wendy Diamond, Julia Laing & Ellyn Proffit - Te Whatu Ora Waikato
 - **Keynote: Be Kind to Your Mind - Mental Health Insights with Heart**
Julia Grace - International Keynote Speaker, Educator, Singer-Songwriter
 - **Networking**
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Day Two - Saturday 1 November 2025

Plenary Sessions

- **Keynote: Brains in the Making - What Neuroscience is Teaching us about Youth Development**
Nathan Wallis - Neuroscience Educator
- **Blunt Truths - Tackling Drug & Alcohol Use**
Speaker TBC

- **Vaping & its Risks to Rangatahi**
Dr Lucy Hardie - University of Auckland
- **Rheumatic Fever: Early Action - Lifelong Impact**
Speaker TBC
- **Our Wellbeing - Sustainable Practice**
Kathy Shaw - Registered Nurse & Life Coach
- **Supporting our Rainbow Rangatahi**
Speaker TBC

Concurrent Sessions

- **Māori Rangatahi**
Speaker TBC
- **Pasifika Youth**
Speaker TBC
- **He Kohanga Whakaruruhau - A Youth Health Nursing Practice Development Guide**
Jodi Cash - Te Kāhui Rangatahi Youth Health Aotearoa
- **Research: The Role of School Nurses in Enhancing Rangatahi Outcomes**
Lara Wall - University of Waikato

Plenary Sessions

- **Table Talk** Choose a topic of interest and join a table talk session with an expert
- **Ko te Kāinga ko au: Housing as Identity**
Dr Polly Atatoa-Carr, Kayla Manuirangi & Tui Barrett - University of Waikato
- **Keynote: Celebrating the Power of Transformation, Resilience & Purpose**
Speaker TBC

Friday -

The registration desk will open at 7:45am

Welcome begins at 8:30am

Plenary concludes by 5pm

Evening Networking begins 5pm

Completion of Day one - 6:30pm

Saturday -

The registration desk will open at 7:45am

Welcome begins at 8:15am

Plenary concludes by 4:30pm

Delegate Programme as of 15.9.25 - Programme subject to change