



SITARA'S STORY

ANNUAL REPORT

2022/23

Acknowledgment

We (SiTara's Story) acknowledge the Traditional Custodians of the lands where we work and live. We celebrate the diversity of Aboriginal peoples and their ongoing cultures and connections to the lands and waters of ACT.

We pay our respects to them and their cultures, and to Elders both past and present.

Vision

SiTara's Story is an organisation of multicultural women working to advance the rights and status of multicultural women in Australia. We are a non-religious organisation reflecting the sectarian, cultural and linguistic diversity within the multicultural community.

We aim to inspire positive action by others and aspire to continuously enhance the quality, impact and effectiveness of our work.

SiTara's Story seeks to build the self-esteem and self-worth of women, children and men within the community and beyond by changing their outlook on life, broadening their horizons, and helping them to empower themselves.

We work to advance equity for women and girls through advocacy, education, philanthropy and research.

Executive Committee

Dr Kowsar Khan

President

Kowsar is a health professional. She has worked with women and children in Bangladesh and have experienced their plight firsthand. It is her desire to alleviate some of their disadvantages in her own small way. SiTara's Story is a journey towards that.



Dr Shamaruh Mirza

Co-founder and Secretary

Dr Shamaruh Mirza finished her Ph.D. from the John Curtin School of Medical Research, ANU in Biomedical Science followed by post-doctoral research in Biophysics. In addition to performing in a critical profession as a senior scientist working for the Department of Health and Aged Care during this time of concern for public health, Dr. Shamaruh has demonstrated her commitment to the well-being of the community and its members from a multicultural background by supporting them to participate in Canberra's social, cultural, economic and civic life.



Samira Rahman

Co-founder and Treasurer

Samira is an accountant by profession. Samira cares for others and she thinks "SiTara's Story" is the path to care for adolescent girls who will turn to women soon and to encourage them to look after themselves.



Nigar Reza

Member

Nigar Reza is an Architect-Planner by profession with a passion to bring social good. She has been working for the Australian Government over last 15 years. She was born and brought up in Bangladesh.

SiTara's Story is her inspiration and gives her opportunity to empower disadvantaged adolescent girls to make a difference in their lives.



Evana Rahman

Member

Evana feels that many passions are instilled within a person from the time they are born and that some passions develop over time through circumstances. Her passion is always to work with the children and eventually it turned into helping disadvantaged children. Another passion is to work with children with special needs.



Hasnat Jahan

Member

Hasnat has been exposed to people including children in vulnerable situations through refugees, asylum seekers, and those in detention centres throughout her career. She understands the importance of mental and physical well-being, especially for vulnerable women in third-world countries, and hopes to make a significant difference in the lives of others through SiTara's Story.



Nazia Khan

Member

Nazia is a Canberra based banker by profession, but born and brought up in Bangladesh – a third world country where women are deprived in many ways. When Nazia left Bangladesh she thought she was safe but femininity inside her always wanted to do something to facilitate Bangladeshi women.



Rezwana Farha

Member

A former development practitioner, Rejwana is in public service based in Canberra. In her 15-year career, Rejwana worked in promoting governance and democratic practices, social cohesion and public sector reforms across several countries including Bangladesh. Trained as an economist, Rejwana currently works the Australian Capital Territory Government .



Rozana Hassan

Brisbane chapter coordinator

Rozana is the second daughter of renowned musicologist Azad Rahaman and singer Selina Azad. She is a singer-songwriter and a gifted musician with crazy musical ideas. Rozana lives in Queensland and is working at the University of Southern Queensland.



Advisors

Zainab Farouk

Dr. Shaista Waqar

Alicia Lweis

Heidi Prowse

Mohammed Ali

Zebunnissa Khan

Dr Nira Rahman

Shafeen Mustaq

Volunteers

Wafa Ben Slimen

Ritaja Das

Aisha Setipa

Fatima Waqar

Soelily Consen

Labiba

Krystle

Secretary's note



I hope this note finds you in good health and high spirits. As the Secretary of SiTara's Story Inc., it is my honor and pleasure to present to you the Annual Report for the fiscal year 2022-23.

We continued to work to create a safe space for women from Culturally and Linguistically Diverse (CALD) and Culturally and Racially Marginalised (CARM) backgrounds where they can find their voices. 2022-23 was a year in which STS affirmed its capacity to work incredibly closely and successfully with the ACT Government and across the communities.

Our priorities throughout the year encompassed mental health, minimizing intergenerational gaps within multicultural families, empowering women through growth skill development in ACT, and creating mental health awareness in rural Bangladesh. STS collaborated with the ACT Government, Canberra Women in Business, Perinatal Wellbeing Foundation, The Social Outcomes Lab, Go Equal, Helping ACT, and Innovation for Well-Being Foundation (Bangladesh).

With immense hard work and relentless efforts, the organisation has made significant progress in achieving its goals and surpassing previous milestones.

Australia Chapter

One of the key highlights of this year was the expansion of SiTara's Story Inc.'s Talk shops. STS expanded its regular talk shops in 2023 and introduced Canberra's first-ever business growth program targeting women from Culturally and Linguistically diverse (CALD) or Culturally and Racially Marginalised (CARM) women. The Talk shops were supported by the ACT Government, ANU Alumni relations, The Social Outcomes Lab, Canberra Women in Business, and many other organisations. Around 100s of women attended the program. Some men also joined.

SiTara's Story conducted a series of intergenerational conversations, surveys, and one-to-one interviews funded by ACT Government, titled "Breaking the barrier" to bring the issue of mental health of migrants and first-generation migrants to the forefront of the conversation at the community and policymaker levels and provide strategies to support the parents and young people to minimise the intergenerational gaps.

Bangladesh Chapter

In Bangladesh, SiTara's Story Inc. has continued to make a profound difference in communities where access to Mental Health resources is limited. Our team has been actively engaged in mental well-being sessions with the children of commercial sex workers in various rural and underprivileged areas. We have seen firsthand the transformative power that these sessions in collaboration with IWF can have on these communities, as children demonstrate increased confidence, improved academic performance, and a renewed passion for learning. Moreover, our efforts have been recognized and supported by local government bodies and non-profit organizations, further emphasizing the positive impact of SiTara's Story Inc. in Bangladesh. These partnerships have allowed us to secure funding and resources to expand our operations, ensuring the sustainability and continuity of our programs.

Volunteer Engagement and Collaborations

SiTara's Story Inc. values the ceaseless support and dedication of its volunteers. Throughout the year, we witnessed an ever-growing community of enthusiastic individuals who actively participated in various programs, providing their time, expertise, and resources to uplift the programs. We also formed strategic partnerships and collaborations with renowned organizations, allowing us to further magnify our impact and extend our reach.

STS has signed a collaborative Memorandum of Understanding (MOU) with the Cross Sector Development Partnerships Initiative (XSPI) to provide collaboration and mutual support for their development sector activities within Bangladesh. Sitara's Story mission aims to identify issues, raise awareness, and start a conversation within the community and the policymakers regarding the increasing mental health issues among young people from multicultural communities so the intergenerational gap can be minimised.

XSPI's objective is to promote cross sector collaboration across five key stakeholder sectors in Australia that contribute to international development alongside and in collaboration with national partners. These five sectors include: business, NGO/NFP's, academia/health/medical research, philanthropy/private capital and government.

I have attended Lifeline Australia National Convention, Southern NSW Local Health District Annual Public Meeting, ANU Pathfinder event, the Social Outcomes Lab Flagship event, First1000daysConference, Events organised by CCRS, Canberra Islamic School, Department of Health and Aged Care, Department of Home Affairs, Canberra Tamil Women Association and other organisations as keynote speakers or panel member and advocated for equity and empathy in the country. For my community work through SiTara's Story, I have been nominated as a 2023 ANU International Alumni Award finalist.

Fundraising Gala

SiTara's Story Inc. has made significant strides in establishing partnerships with corporate entities as part of our fundraising gala 2023. These collaborations have allowed us to generate essential financial resources to expand our reach and impact in both Australia and Bangladesh.

The year ahead

The experience of 2022-23 emphasised how directly our work impacts the lives of CALD communities in ACT.

We are committed to take STS to a different level using the 2023 ACT Local Hero platform. The prime focus in 2022-23 will be continuing our talk shops focusing on helping women from CALD background to find their voices through breaking mental health stigma and empowering them through training in basic skills. We will organize our annual gala 2024 to raise fund for our programs in Bangladesh. We will go for more collaborations, a volunteer drive, constitutional changes and also expand our team for greater productivity.

Outlook:

Looking forward to the upcoming year, SiTara's Story Inc. aims to continue its efforts in expanding talks, providing a safe space for CALD and CARM communities across generations, and introducing innovative initiatives for empowering women. We are planning to organize a 1-day business expo which will be a highlight of the 2024 International Women's Day week in Canberra in line with the International Women's Day 2024 theme "*Count Her In: Accelerating Gender Equality Through Economic Empowerment*"

The expo includes keynotes, panel discussions, and a trade display to showcase women of color in business and ACT government services. We are committed to further honing our collaborations, exploring new partnerships, and embracing emerging technologies to maximize our effectiveness and impact.

Financial Performance

SiTara's Story Inc. has exhibited remarkable financial performance during the fiscal year (see the treasurer report). This commendable achievement can be attributed to the consistent streamlining of operations.

Furthermore, our diligent team continuously explored and pursued diverse funding opportunities, securing grants and donations that have immensely contributed to our financial stability.

In closing, I would like to express my gratitude to each executive member, shareholder, donor, volunteer, and well-wisher whose unwavering support has made SiTara's Story Inc.'s achievements possible. The success we have achieved is a testament to our collective dedication and commitment to fostering education and supporting CALD and CARM communities.

Respectfully yours,
Shamaruh Mirza

Treasurer's Report



On behalf of the Executive Committee Members of SiTara's Story, I am pleased to present the financial report for the year ending 30 June 2023 (FY23).

In FY23, SiTara's Story's income was \$60.7k, an increase of \$38k from last financial year. This income consists of grants, donations and fund-raising gala dinner at the Old Parliament House.

During FY23, SiTara's Story received \$6k multicultural grant from Community Services Directorate (CSD). With this ACT Government fund, we commenced project 'Break the Barriers' – an intergenerational focus group discussions involving first and second-generation multicultural people, relevant community leaders, and psychiatrists. The purpose of this project was to identify mental health issues, start a conversation within the community and work towards minimizing the intergenerational gap, especially among young people and their parents from multicultural background.

Following number of successful focus group discussions, a survey was conducted to capture the intergenerational challenges within migrant families. Based on the survey and focus group discussions, Project Protagonist is now preparing a short video and Go Equal is in process of preparing a draft policy paper. This paper will be ready by January 2024 and will be distributed to relevant ACT government departments.

The only fund-raising event we organised in FY23 is the annual charity gala dinner at the Old Parliament House, dedicated to gender equality and mental health awareness. This gala dinner in conjunction with the exhibition and auction of various art pieces from multicultural community was a huge success with around \$15k fund raised.

In Bangladesh chapter, our partner organisation Innovation for Wellbeing Foundation (IWF) has commenced the project 'Promoting Mental Wellbeing of the Children of Commercial Sex Workers' in FY23, this project was commenced in September 2022 and will run for 2 years. The focus of this project is to assist and coach the children of the commercial sex workers towards a better life that is free from discrimination, abuse and violence. In accordance with agreed MoU with IWF, SiTara's Story have transferred \$5k for this project in FY23.

In addition to the gala dinner, through other donations and sponsors SiTara's Story raised a total fund of around \$60.7k during last FY23. We incurred an expense liability of \$49.1k to maintain professional membership with relevant agencies, organise various events and continue to fund our ongoing projects in Australia and Bangladesh. This left us with a profit of \$11.6k during last FY23, which is being spent in current FY24. The detailed breakdown will be discussed in next Treasurer report (FY24). Please refer to attached Income Statement and Financial position for further details.

On behalf of SiTara's Story, I would like to thank all our sponsors and donors for the grants and donations, which are so essential for us to continue providing much-needed services to the communities.

Kind regards,
Samira Rahman
Treasurer
SiTara's Story

SiTara's Story Incorporated
Income Statement
1 July 2022 - 30 June 2023

Income

| | |
|-----------------------------------|--------------------|
| Donation (Cash & Online transfer) | \$1,640.00 |
| Fund raising event | \$49,794.17 |
| Grants | \$6,000.00 |
| Membership fee | \$3,200.00 |
| Overhead Admin | \$86.19 |
| Bank Interest | \$0.00 |
| TOTAL INCOME | \$60,720.36 |

Expense

| | |
|---|--------------------|
| Preparation for promotional and fund-raising events | \$40,050.38 |
| Transfer to IWF (Project: Mental Wellbeing for children of CSW) | \$5,000.00 |
| Overhead Admin | \$4,062.86 |
| TOTAL EXPENSE | \$49,113.24 |

| | |
|------------------------|--------------------|
| Profit / (Loss) | \$11,607.12 |
|------------------------|--------------------|

| | |
|----------------------|--------------------|
| Opening Bank: | \$8,987.77 |
| Closing Bank | \$20,594.89 |

SiTara's Story Incorporated
Financial Position
1 July 2022 - 30 June 2023

Asset

| | |
|--|--------------------|
| Cash (Bank balance as of 30 June 2023) | \$20,594.89 |
| Total assets | \$20,594.89 |

Liability

| | |
|--------------------------|---------------|
| Other Liabilities | \$0.00 |
| Total Liabilities | \$0.00 |

Equity

| | |
|---|--------------------|
| Current Year Surplus (Profit from Income Statement 2022-23) | \$11,607.12 |
| Retained Earnings (Total equity from FY 2022-23) | \$8,987.77 |
| Equity | \$20,594.89 |

BANGLADESH CHAPTER

Promoting Mental Wellbeing of the Children of Commercial Sex Workers

Reporting Period: December 2022 to November 2023

Report prepared for: SiTara's Story Inc.

Report prepared by: Innovation for Wellbeing Foundation

Introduction:

This progress report is made for SiTara's Story Inc. as part of the project named Promoting mental wellbeing of the children of Commercial Sex Workers implemented by the Innovation for Wellbeing Foundation (IWF) in partnership with Banchita Somaj Shangho a local NGO dedicated for the development of commercial sex workers and their children in Jashore, Bangladesh. SiTara's Story is providing financial support to IWF for implementing this project. IWF received the first installment (BDT 286,132 after deduction of 10% tax by the Bangladesh Bank) in the month of September 2022. After that the project has been launched in Jashore Sadar Upazila to support children of commercial sex workers from Babu Bazar Brothel.

Activity: Meeting/Workshop/Training with students:

Achievements: Sex Workers' children are studying in public schools with all other children. To raise awareness among the children of the sex workers IWF organized a session with students on mental health and wellbeing. During the reporting period, there were 3 numbers of awareness session with students.

The discussion points were:

- Safe guarding issue for children to protect themselves from bullying, harassment and abuse
- Addressing stigma associated with mental illness
- Self-Care practices
- Where they can find professional help

These sessions took place in Jashore Jila School, Jashore Girls School and Nimtoli Government Primary School. A total number of 120 students participated in the session where 50% were girls and 50% were boys. It is important to work with both boys and girls for ensuring protection from bullying, harassment and abuse.

Parul Akter facilitated the sessions with the support of school teachers. Parul used a poster developed on safeguarding to facilitate the discussion. Parul Akter also used a carom board specially designed to address the stigma associated with mental illness. Children played this board game together and discussed the stigma they experience from their family, community, and at school. They also discussed ways forward to challenge the stigma. They emphasize the importance of working with their parents, neighbors and teachers to address stigma. This Board Game helped them to talk openly about depression, anxiety, panic attack, social phobia etc. through fun. This also helped them to develop empathy for each other. They now realize that they are not alone and help is available.

Activity: Awareness meeting/workshop with CSWs/mothers

Achievements:

During the reporting period two numbers of meeting took place with the Commercial Sex Workers (CSWs). A total number of 50 women participated in these meetings. IWF Field Officer Parul Akter facilitated one meeting with 25 women and IWF Program Director facilitated the workshop with a total number of 25 mothers on good parenting. The meeting with parents discussed the issues raised by the children in school programs. Mothers discussed about their worries, fears and anxiety about the future of their children and also about their own struggle in post covid period. They said that their own vulnerabilities affect their relationship with their children. In the workshop they were taught the skills for managing their own stress. They practiced how to manage anger and stress through art work, breathing exercise and grounding exercise. Mothers also discussed how they can spend quality time with their children. The workshop emphasized that mother should not always ask for their study rather they should have some fun time together. They have planned to practice grounding exercise, body mapping exercise together with their children.

Activity: Follow up meeting with students/parents

Though it was planned to undertake one follow up meeting during the reporting period but actually there were three follow up meetings. One meeting was with the children of CSWs and two with the CSWs (mothers). IWF program Director Fatema Parvin Putul conducted a workshop with CSWs working with Banchita at the IWF office in Jashore.

Activity: Home Visit

Achievement:

Field Officer Parul Akter is working as the representative of IWF for regular communication with children of CSWs. She is responsible for communication, record keeping and organizing workshops, meetings etc. with parents, teachers and students. On a regular basis she visits selected schools where children of sex workers are studying and meet with teachers to sensitize them about the wellbeing of these children. She also visits home of the sex workers as and when needed, discuss issues that are affecting their wellbeing and their children's.

Activity-6: Field Monitoring Visit

Achievement:

From IWF a team visited the working area Jashore Sadar Upazila from 24-25 November 2023. The team member was: Program Director Fatema Pervin and program Coordinator Jharna Khanam. They visited the brothel and selected schools where children of CSWs are studying. They also met the NGO, named Bonchita Somaj Songho; who are working for development of the deprived women and children (dedicated for the CSWs).

Activity Plan for next quarter (December 2023 to February 2024):

| Sl. No | Activities | Unit | December '23 | January '24 | February '24 |
|--------|--|------|--------------|-------------|--------------|
| 1 | Meeting/workshop with children of CSWs | 2 | | 1 | 1 |
| 2 | Meeting/workshop with CSWs (mothers) | 1 | 1 | | |
| 3 | Follow up meetings with children and mothers | 2 | 1 | | 1 |
| 4 | Home Visits | 3 | 1 | 1 | 1 |
| 5 | Field Monitoring visit | 1 | | 1 | |

Conclusion:

The project is sensitive in nature and need to keep the identity of the children and their mother confidential in all communication materials published under this project. The project is also sensitive in nature as it is addressing abuse and violence perpetuated directly and indirectly to the children of the CSWs. The whole project location is captured by the local influential and human rights violation is frequent. The CSWs and their children are also ostracized by the community at larger and therefore it is difficult to mobilize local resources to support the implementation of the project. The project could only provide awareness and capacity building support to the CSWs and their children whereas the practical needs are more acute such as a safe place to live. IWF seek support from SiTara's Story to initiate a safe place/shelter home for the children of CSWs.



During the reporting period, the IWF focused on sensitizing and motivating project participants to maximize the outputs. a local NGO dedicated for the social and economic development of the CSWs were sensitized to integrate mental wellbeing of the children and sex workers in their mandate for the overall development of the sex workers.

Though the project is challenging but it is also rewarding to see how the NGO of the sex workers are now showing interest and supporting the project to create a child friendly space for the children of the sex workers.

“We often see children are hiding themselves under the bed while their mother is meeting their customer for commercial sex. If we are able to create this child friendly safe space, they will not have to witness what they should not. Rather they will be playing and learning in a safe environment what they should have.” Said by the founder of the

.....



2023 Annual Gala

Our annual gala was held on 13th May In the Old Parliament House. The evening was dedicated to gender equity and mental health wellbeing . Proceeds benefited the culturally and linguistically diverse (CALD) Communities in Canberra and the mental health support programs in underprivileged schools and among marginalised groups in Bangladesh. The gala night offered a delicious three-course meal along with amazing activities and great opportunities to meet amazing human beings and hear their stories.

The evening was sold out.

Others

SiTara's Story got coverage in several media outlets.

ACT AUSTRALIAN OF THE YEAR WINNERS ANNOUNCED

SITARA'S STORY WITH ABC RADIO

SITARA'S STORY WITH SBS BANGLA

SITARA'S STORY WITH CANBERRA TIMES

SITARA'S STORY WITH RIOTACT

SITARAS STORY ANU MEDIA

SITARA'S STORY WITH COSMO

SITARA'S STORY WITH RADIOMANPASAND

Gallery Gala



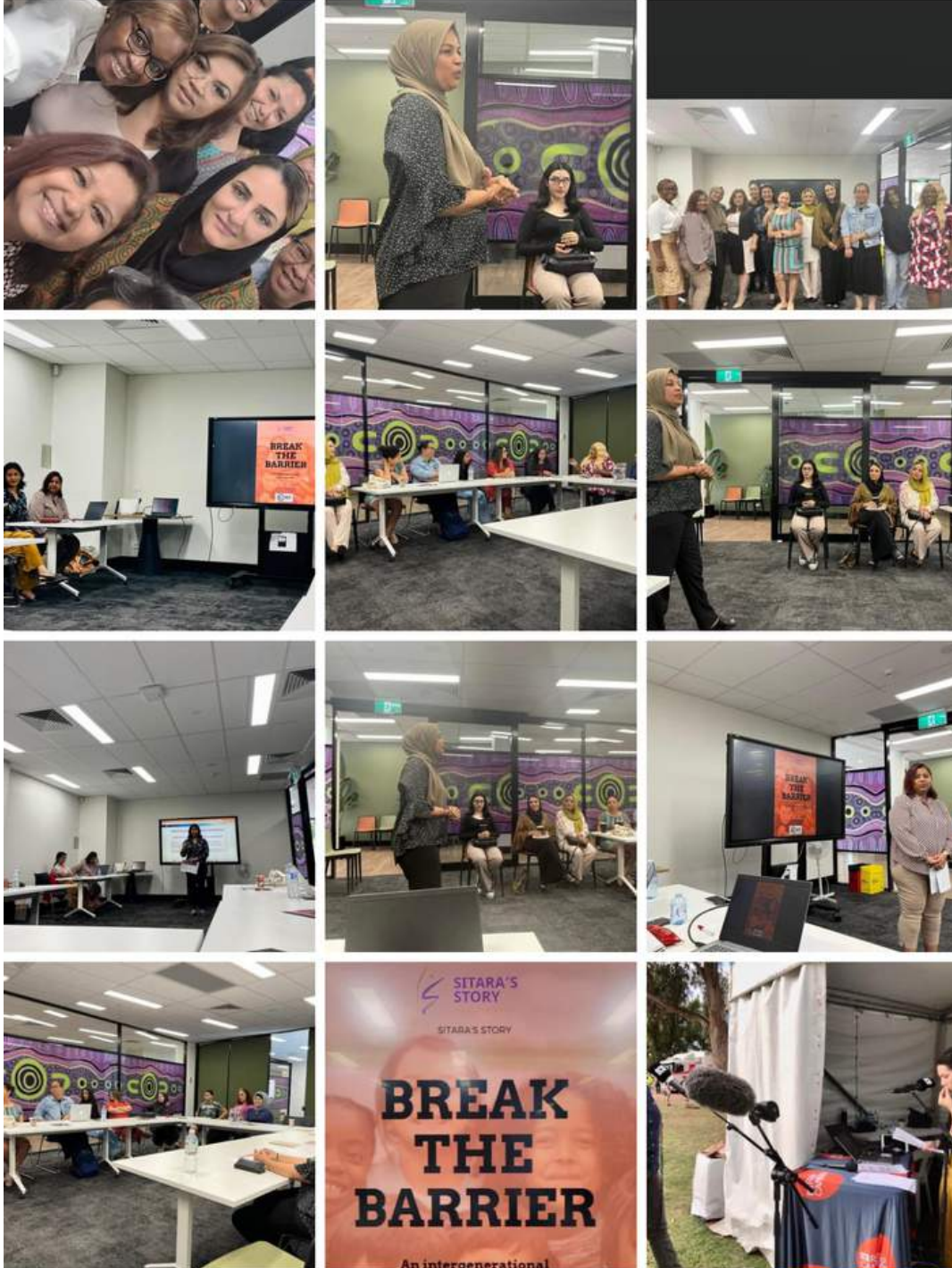


Talkshop





Break the Barrier



Sponsors and partners



Our Supporters

Bangladesh Australia Doctors Association

Spondon

Alvina's Collection

CANBERRA WOMEN IN BUSINESS

Appendix



THE BUSINESS GROWTH PROGRAM

FIND YOUR VOICE

SiTara's Story Talkshop Series 2023

June - October 2023
10-3 pm

Level 4
Marie Reay Teaching Centre
kambri.com.au
ANU campus, 155 University Avenue, Canberra ACT 2601

In partnership with
ANU Alumni Relations

Canberra Women in Business
The Social Outcomes Lab
Cultural Diversity Network Incorporated
Helping ACT
Go equal
Dr Shaysta Waqar
Canberra circle of women
Zebunnissa Khan

2023 Talkshop

Find your voice

An expert talks about mental well being in the context of migration. This helps to develop a positive mindset. Attendees also share their stories of lived experiences.

Duration: 1 hour

Growth skills

As part of the Talkshop activities, SiTara's Story is launching the Growth Program. This is a 6-month training program that aims to grow the careers and to support the starts ups of culturally diverse women.

This program combines informal mentoring sessions with structured workshops facilitated by experienced trainers and business leaders

Duration: 2 hours

Mission

We will tackle career, business and life elements together in this program. No matter where you are at, this is for you!!



SiTara's Story Talkshop Series 2023, The Growth Program: Find Your Voice

Timetable: June 27 – October 21, 2023

Marie Reay Teaching Centre (Building 155), 155 University Avenue Canberra, ACT 2601

| Day | Time | Topic | Speaker | |
|---------------------------|---------------------|---|--------------------------------------|--|
| June 17 MR 4.04 & 4.05 | 10 – 11 am | Mental well being | Zebunnissa Khan | Advisor to SiTara's Story, Lifestyle Psychology |
| | 11- 11:15 am | Morning tea | | |
| | 11:15 am - 12:00 pm | Public speaking | Alicia Louise | Advisor to SiTara's Story, Cochair, A Women alumni |
| | 12:00 -12:30 pm | Lunch | | |
| | 12:30-2:00 pm | Resilience: bouncing back from setbacks | Khin K Kha | Co-founder, Phoenix Sisters |
| July 22 MR 4.02 | 10-11 am | Create your career/business plan | Dr Joyce Das | Founder, Go Equal |
| | 11- 11:15 am | Morning tea | | |
| | 11:15 am - 12:00 pm | Create your career/business plan | | |
| | 12:00 -12:30 pm | Lunch | | |
| | 12:30-2:00 pm | Create your career/business plan | | |
| August 19 MR 4.02 | 10 am -12:30 pm | Entrepreneur mindset | Nazia Ahmed | Founder, the Social Outcomes Lab |
| | 12:30 - 1:00 pm | Lunch | | |
| | 1:00 - 2:00 pm | Mental Wellbeing | Zebunnissa Khan | Advisor to SiTara's Story, Lifestyle Psychology |
| September 23 MR 4.02 | 10-11 am | Effective time management | Khin K Kha | Co-founder, Phoenix Sisters |
| | 11-11:15 am | Morning tea | | |
| | 11:15 am- 12:15 pm | Pitch Perfect | Rejwana Farha Mohammed Rahman | Executive member, SiTara's Story Co-founder, 3 dots |
| | 12:15 -12:45 pm | Lunch | | |
| | 12:45 – 2 pm | Mental wellbeing | Dr Shaista Waqar | Advisor to SiTara's Story, Relationsh Australia |
| September 30 Pierce | 10 am – 1 pm | Sewing | Carol Mead, Canberra Circle of Women | |
| October 21 MR 4.02 | 10-11 am | Mental wellbeing | Dr Shaista Waqar | Advisor to SiTara's Story, Relationsh Australia |
| | 11- 11:15 am | Morning tea | | |
| | 11:15 am - 12:15 pm | How I got here | Sunita Kumar | 2020 Chamberlains ACT Businesswo of the Year Canberra Women in Business |
| | 12:15 -12:45 pm | Lunch | | |
| | 12:45-2:00 pm | Advise on how to start up a business in Canberra and clarify the resources that are available | ACT Government representation | |
| December 3 | 10:00 am – 4:00 pm | | Business expo | |

Goals

Expect to be energized and motivated with a new outlook and discipline to carry out your greatest ambitions. You will leave the talk shop with lifelong skills, a more knowledgeable approach to life and business, and the support of all the amazing women you meet!

This is absolutely a safe space for you!

Our topics will cover everything you need to know for your career progression or to set up your own business. Highlights are amazing CALD businesswomen. They will share stories of their own business wins and challenges, helping you make your business venture a success – whether you're managing cash flow, launching a start-up, or even growing your customer base using the latest in digital and social marketing.

The program will end with a "Colour in Canberra" conference Early 2024 in partnership with Canberra Women in Business. The exhibition will showcase our very own CALD women in business! Because to be seen is incredibly empowering.



Topics

- Mental wellbeing
- Public speaking skills
- Enterpreunal mindset
- Plan Successful Projects
- Applying for Licenses, Permits, ABN
- Networking
- Keep your balance: work and life
- Resilience: bouncing back from setbacks
- Effective Time Management Techniques
- Pitch your idea
- Cash flow, EOFY: Your tax obligations: the basics

Schedule

- June 17 – MR 4.04 & 4.05
- July 22 – MR 4.02
- August 19 – MR 4.02
- September 23 – MR 4.02
- October 21 – MR 4.02

**Believe in
the magic of
the season.**

Colour in Canberra Conferenc

- Keynote
- Featured Entrepreneurs panels
- CALD Businesswomen
- Networking

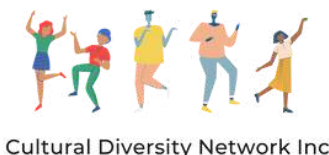
To be eligible to register in the **Find your voice** program, you must:

- Be aged 18 years or over
- Identify as female
- Identify as culturally and linguistically diverse
- Living or working in ACT
- Be an Australian citizen, Australian permanent resident, humanitarian visa holder or New Zealand Citizen, refugee, asylum seeker

In partnership with



Australian
National
University





BREAK THE BARRIER



An intergenerational learning circle

BREAK THE BARRIER



19th March 2023
Woden Library ACT

Presented by

SiTara's Story

Colour in Canberra

A Journey through
conversations and
business expo

25th February 2024
Sunday

Presented by

SiTara's Story

Introduction

STS has expanded its regular talks in 2023 and introduced Canberra's first ever business growth program targeting the women from Culturally and Linguistically diverse (CALD) or Culturally and Racially Marginalised (CARM) women. The Talks were supported by ACT Government, ANU Alumni relations, The Social Outcomes Lab, Canberra Women in Business and many other organisations. Around 100s of women attended the program. Some men also joined.

SiTara's Story seeks your support for a 1-day business expo, on 25th February at ANU ACT. The Conference will be a highlight of the 2024 International Women's Day week in Canberra in line with the International Women's Day 2024 theme "Count Her In: Accelerating Gender Equality Through Economic Empowerment"

The expo includes keynotes, panel discussions, and a trade display to showcase women of color in business and ACT government services.

Please save the date and prepare to join us. We are eagerly anticipating your attendance.

Contact us

sitarasstory@yahoo.com



www.sitarasstory.com