



Who we are

Eyes Front Limited is a charity founded by Kelliagh Jackson, an Army Veteran, mother, responsible citizen of society and social impact entrepreneur. She has dedicated more than 30 years of her life to looking after her troops and their families in and post her defence career. Kelliagh is also dedicated to ensuring the vulnerable in our population have the best chance to survive, thrive and prosper through aware, informed and safe peer to peer support networks and a network of Wellness Leaders with lived experience.

She is joined by three other exceptional Board members. Laura Napier, Business Manager at JP Morgan and CEO of Your New Life Global, Scott Howe, Director Asque.com.au, High Performance Transformation and David Hewish, Spique Leader www.spique.com, Chartered Accountant and Engineer.



IDENTITY MEANING PURPOSE

2 - 3 pm, Thursday 15 August

<https://zoom.us/j/567566656> or

join by phone:

Dial Australia: +61 2 8015 6011 or + 61 8 7150 1149

US: +1 646 558 566 656 or + 1 720 707 2699

Webinar ID: 567 566 656

International numbers available:

<https://zoom.us/j/acy3zvco2w>



Contact Us

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Eyes Front Limited

ABN: 15632358760

The International Institute of First Responders
and Peer Support
ABN:



Veteran Wellbeing Summit

<https://www.veteranwellbeingsummit.com.au/>

AGENDA - Wednesday 14 August - Saturday 14 September 2019

<https://www.veteranwellbeingsummit.com.au/summit/>

Outline of Webinar

Introduction from Jacqui Van de Velde-Gilbert (Wellbeing Australia)

The Military Psychological Contract - Kelliegh

Identity Meaning and Purpose - Jocelyn Lowinger

The Veteran experience – Barry Zworestine

Q&A – Action, Hope, Transformation

If you have difficulty go to: <https://www.veteranwellbeingsummit.com.au/summit/>

Our Presenters

Kelliegh Jackson



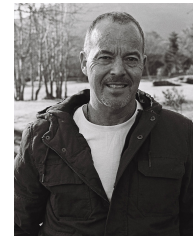
Kelliegh completed a 22 + year career in the ADF in 2018. Her passion is to create aware, informed and safe peer to peer support communities. In 2019 she founded Eyes Front and The International Institute of First Responders and Peer Support. She completed Masters of International Law in 2013, Masters of HR and IR in 2017 and Grad Cert Coaching Psychology in 2017.

Jocelyn Lowinger



Jocelyn has been a doctor for 25 years. In 2019 she completed the MSC Coaching Psychology at USYD. Her passion is coaching doctors around career transitions and help them build competence and to escape the real dilemma of ‘imposter syndrome’.

Barry Zworestine



Barry was born in Southern Rhodesia (Zimbabwe) in 1953 and served in the Rhodesian war 1976/77. In 1984 he spent four years in Israel building the British Council English Language Centre. M.A Clinical Psychology and author of “Which Way is Your Claymore Facing”, in progress “Warrior to Civilian-a transitioning manual for Veterans and current serving”

The Military Psychological Contract

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Most Australian Defence Force (ADF) personnel are recruited between the ages of 17 and 26 with the gender division being approximately 85% male and 15% female. There is a moderate attrition rate from recruiting to the end of ab initio training, attesting to the intensity of the requirements and elements of suitability that are revealed during this period. More recently, many ADF recruits have a year 12 education with a small percentage having a university degree or higher.

The mental models developed in the ADF through training, culture, group cohesion and through lived experience become highly immobile because of the cognitive constructs created. These mental models are further reinforced through a learned reliance on the ADF policies and systems that regulate and manage personnel administration. They are not easily transferred to other forms of employment or organisations. This unique and normalized personality, meaning and identity developed within the ADF is not exclusively transactional it creates a multi-natured psychological contract with strong relational elements that is not easily transferred into civilian and non-ADF employment or community constructs. Beyond contract there exists identity and the subordination and elimination of individual identity in favour of collective identity further reinforces the relationship psychological contract.

Discussion with Jocelyn Lowinger MCoachPsych

Why is identity meaning and purpose such an important topic?

How does military recruiting, training and culture generate and reinforces strong identities, meaning, and purpose?

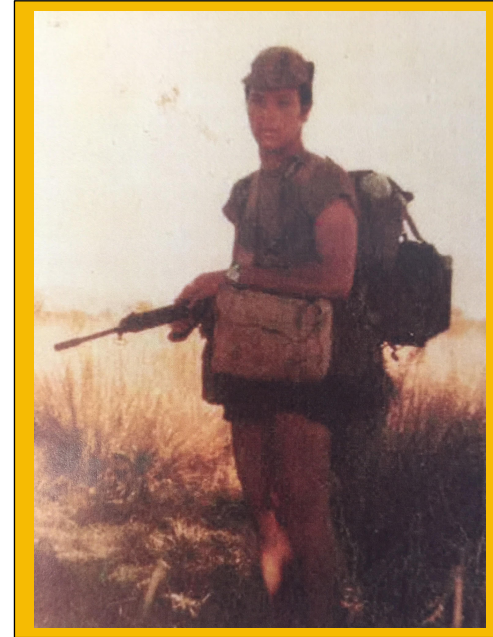
Why it is so difficult to leave or transition to new careers and lives post the Australian Defence Force?

What are some ways veterans could discover new identities, meaning and purpose beyond the jobs they did in the military?

Discussion with Barry Zworestine M.A. Clinical Psychology (veteran)

Transition Territory

1. Any traumatic impacts from operations-PTSD/TBI
2. Moral Injury-from experiences on operations to how you perceive your organisation having treated you or having betrayed you
3. Loss of Military self-identity, purpose, meaning, values
4. Loss of Tribe-belonging
5. The right to call yourself a Veteran-not feeling good enough
6. Grief and loss
7. Resistance to asking for help
8. Military to Civilian Brain-re-wiring
9. Learning to operate in Civilian territory
10. Emotional dial down switch
11. Embedding back into family-father, husband, wife-impacts of transitioning on this territory
12. Wellbeing management-tracking and managing oneself-diet, exercise, stress, and anxiety-using regular “pull throughs”
13. Dealing with the challenges of navigating benefits
14. Adjusting to a different kind of employment and preparation for this
15. Going back to regather the constructive aspects of the Warrior and integrating these with your Civilian



Kelliegh Jackson links

<https://www.linkedin.com/in/kelliegh-jackson-5b2aa715/>

<https://www.facebook.com/kelliegh.edmonds>

<https://kellieghtonirvana.wordpress.com/>

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“You have to love yourself enough to set a standard for your life that you’re unwilling to compromise. If you accept the standards of others for your life, you’ll never be happy.” – Tony Gaskins

Jocelyn Lowinger links

jocelyn@coachgp.com.au

www.coachgp.com.au

Barry Zworestine links

<http://www.barryzworestine.com/>

<https://www.facebook.com/barryzworestineauthor/>

https://www.amazon.com/Claymore-Operational-Veterans-Adjusting-Civilian/dp/1983885312/ref=sr_1_1?ie=UTF8&qid=1523669787&sr=8-1&keywords=barry+zworestine

Work with our Presenters

Kelliegh Jackson



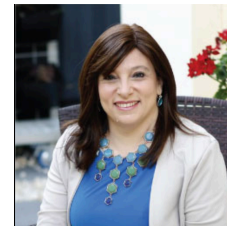
eyes front

Join the Eyes Front and Institutes collective impact communities.

Be a part of the Veteran Radio Program launching soon “Celebration of Service”.

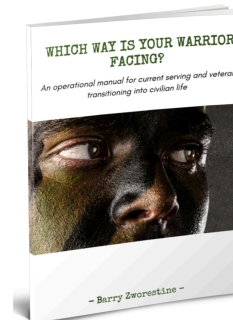
Sponsor a Veteran to complete life changing programs.

Jocelyn Lowinger



OFFER: 3 coaching sessions at 10% discount using the coupon code VET-HOPE (expires Dec 31)

Barry Zworestine



Download my book free from my website.

<http://www.barryzworestine.com/>

Purchase my book on transitioning from the military:

https://www.amazon.com/Claymore-Operational-Veterans-Adjusting-Civilian/dp/1983885312/ref=sr_1_1?ie=UTF8&qid=1523669787&sr=8-1&keywords=barry+zworestine

Barry Zworestine extended Biography

I was born in Southern Rhodesia (in what is now Zimbabwe) in 1953. After a fairly uneventful schooling in which I focused more on sports than on academics, I went to university in South Africa, where I spent several years training in the field of education.

In 1976 I returned to Rhodesia to comply with national service requirements and was involved in the Rhodesian Bush War. On leaving the war in 1977, I spent a number of years living and working in South Africa before emigrating to Australia, where I lived for several years before settling in England for a brief period of time. After unsuccessfully attempting to mountain bike from Great Britain to Israel in 1984, I flew there instead and spent four years developing the British Council English Language Centre. While in Israel I developed a passion for marathon running, which then extended to ultra-marathon running after I returned to South Africa to qualify as a clinical psychologist.

I returned to Australia in 2000, where I have remained ever since. In 2002, given my military experience and psychological qualifications, I was accepted as a contractor with a veteran organisation; I still continue with this work today. I also continue to run short distances and am passionate about music. I play the African drum, American Indian flute and the Australian didgeridoo.

In my most recent book “Which Way is your Warrior facing” I dress the complex nature of transitioning to Civilian territory. I have also combined Book One “Which Way is Your Claymore Facing” and set the book up as a free PDF download from my website. I have encapsulated many years of conversations and learning with the extraordinary men and women I have sat with in my practice over the years, from regular to special forces soldiers. I hope that some of what I have written will support you and others around you on your journey towards healing. As I have noted, this is not a researched and academic text, and as such it may very well have its failings and limitations. Instead, this book is based on years of conversations with veterans and their partners and children. It is based on my experiences and challenges as a veteran and a man. It embodies years of exposure to neuroscience principles and brain- and body-based wisdom. I have tried to express this in simple, accessible writing and to draw on military operational terms to explain relevant concepts and lessons. I have also drawn on my own life experience while navigating my way through a variety of life challenges.

Kelliegh Jackson Biography

Kelliegh is the Founder of the charity Eyes Front, with the aim and purposes of supporting vulnerable populations, including Veterans and their families. She is also the CEO of The International Institute of First Responders and Peer Support an organisation that empowers peer to peer support networks.

Kelliegh served her country in the Australian Army for more than 20 years. She has worked on major projects such as the introduction of the GAP year scheme for 17 – 24-year olds, introduction of domestic security and anti-terrorism arrangements on the five high-risk bases and cultural change in the Navy.

Kelliegh's passion has and always will be the wellbeing of the veteran community and their families. Her current projects include introduction of Veteran Radio, which is a fortnightly podcast and community radio station project aimed at talking current issues, which referral services or organisations have an interest in that issue and the 'Celebration of Service' public speaking program designed to help veterans develop a ten-minute positive recount of their service.

She is also working on a virtual consultant referral program, advocacy platform / portal for all advocates to advertise their services on and a review of the delivery of welfare support through the ESOs, particularly harnessing the brains trust from the RSL sub-branches who have been carrying this load for more than 40 years.

Kelliegh has an undergraduate degree in Management, Masters of International Law, Masters of Human Resources and Industrial Relations (incomplete by one subject) and Post Graduate Certificate in Coaching Psychology. She is a qualified mediator and conflict coach and experienced public speaker and facilitator.

Sponsor a Veteran

Eyes Front Limited are working with The International Institute of First Responders and Peer Support to create aware, informed and SAFE peer to peer support networks. In collaboration with Group Marketing International Pty Ltd we are working with various organisations to create peer to peer support networks using the bespoke P2P technology.

HOW CAN YOU GET INVOLVED?

Organisations – Can sponsor a veteran for \$1,000 pa. This delivers:

Coaching 1:1 x 3 sessions

Financial Planning training package and plan

Peer support training including unaccredited counsellor and mental health first aid and accredited first aid for self-harm and suicide

Contact: Kelliegh at Eyes Front Limited contact@eyesfront.com.au