

wellbeing :: GENERATION X

Stress, success and happiness: how to achieve balance in everyday living

So what is the path to happiness? Does it require us to revise our definition of success? Or can we have it all? The Curran Foundation invites you to another event exclusively for Generation X, providing unique insights into wellbeing issues for the 'me generation'.

Guest speakers: Paul Cave and Kay Wilhelm
MC: Kate Mac

Thursday 30 July 2009, 6.00pm for 6.30pm–8.30pm

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Tim Olsen Gallery, 63 Jersey Road Paddington

After our speakers, enjoy drinks and canapés plus a live auction with great items including a harbour sail for you and ten friends aboard the stunning 60 foot yacht *Sydney* thanks to our Chairman of Trustees, Charles Curran AC, and a kicking session with Wallabies hero, Matt Burke.

Tickets: \$45 or complimentary for Curran Foundation Patrons and Benefactors

For tickets please call the Curran Foundation on (02) 8382 2134.

Early registration is encouraged as numbers are limited.

For further enquiries please contact events@curran-foundation.org.au

All proceeds from this event will benefit the St Vincent's Urban Mental Health Research Institute.

Throughout history sages have counselled that happiness is not a goal but a consequence of how we live, that it comes from being content with what we have.

Today, we are sold a different message – that we will be happy only if we have more money and more of the things money buys.

An extract from the *Wellbeing Manifesto*, the Australia Institute

The Curran Foundation is delighted to be joined by guest speakers Paul Cave and Professor Kay Wilhelm.

Paul Cave is the Chairman and founder of BridgeClimb, a concept that took ten years of persistent effort before becoming the successful operation it is today. Paul's climb to success has seen him negotiate major business and health challenges. He attributes his outlook and energy as the key to great success. Paul, a regular on motivational speaking circuits, has generously agreed to share his personal methods for successfully striking the balance between health, wealth and happiness.

Kay Wilhelm is the Clinical Director of Consultation Liaison Psychiatry at St Vincent's Hospital, Conjoint Professor, School of Psychiatry, UNSW and a Chief Investigator at the Black Dog Institute. With a career spanning over 30 years, Kay has authored some 200 papers and educational programmes on aspects of depression, anxiety, smoking cessation, and interventions to assist in coping with mental and physical illness. Kay will explore some of the illusions or delusions of happiness and share recent research findings revealing how our social environment, our personal choices and genes affect our level of wellbeing.

Our guest speakers will be joined by award-winning journalist Kate Mac. Best known for her top rating afternoon show on Sydney's 2DayFM, Kate will bring her characteristic effervescence to chair the evening's discussion topic.

The Curran Foundation is proud to support the St Vincent's Urban Mental Health Research Institute

The Urban Mental Health Research Institute (UMHRI) is an initiative of St Vincent's Hospital and was established in response to an unparalleled increase in mental health presentation rates at emergency and crisis services.

The Institute aims to make major inroads into better understanding the complex needs of people living and working in the inner-city area and will initiate and support quality research into the provision of mental health services for the inner city population with particular emphasis on marginalised and at risk groups.

The Institute primarily focuses its research on those who are homeless, people with substance abuse issues, established personality disorders, complex psychiatric and medical needs as well as those at risk of self-harm.

If we at St Vincent's can better understand the specific needs of this population and start to provide best care models, Sydney can become an international leader in looking after its marginalised within its catchment.

Nicholas Curtis
Chairman of St Vincent's and founder of the UMHRI.



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Thanks to our generous event sponsors and to the Curran Foundation Gen X committee for their support with hosting this event: Paul Burges, Harriet Burnett, Jeremy Byrne, Polly Cummins, Sarah Dallen, Juliana Damcevski, Victoria Harrison, Kate Melrose, Gabriella Schirato, Claudia Stahl and Georgia Walker.