

FORM Professional Learning

Mental Health & Creativity Panel Breakfast

Keynote:

Stormie Mills,
Tasha Broomhall

TUE 22 OCTOBER
7:00 — 9:30AM

University of Western Australia

Tickets

\$100

**Learning to live with ‘the tiger’:
how creativity can help people manage
mental health challenges at work, school
and home.**

*“I think everyone needs creativity in school; it
creates a chance to get rid of energy and to get
the rage out of them.”*

Student

**A classroom, a workplace, a social event.
Our own homes.**

Places where we’d hope to feel safe, valued,
and able to be ourselves. But for some, they’re
catalysts for anxiety and stress.

When our mental health is suffering, how do
we navigate different settings and situations?
How do we take care of ourselves, and of
others? How do we support colleagues,
friends, family and students who might be

experiencing overwhelm or conflict in their
personal or professional lives?

This is a valuable opportunity to learn creative
and practical tools for improved wellbeing at
work, home and in our day-to-day lives.

Panelists Tasha Broomhall, Stormie Mills, and
Sue Waterhouse will share perspectives on
how creativity (together with clinical support,
when necessary) can help people process
anxiety, self-doubt and other difficult emotions.



Tuesday 22 October, 7:00–9:30AM

University of Western Australia

*“I think everyone needs creativity in
school; it creates a chance to get rid
of energy and to get the rage out of
them.”*

Student



Keynote: Stormie Mills

Stormie Mills, one of Western Australia’s best-known
artists, has navigated mental health challenges through
sketchbook journaling and creative processes. Through
FORM’s Creative Schools program, he has shared these
techniques with young people who grapple with their own
‘tigers’. For this vulnerable youth, often unable to articulate
their feelings, Stormie has modeled a powerful, intuitive,
and practical pathway to connect with their emotions,
creativity, and life experiences.



Keynote: Tasha Broomhall

Tasha is the Director and Lead Facilitator for Blooming
Minds WA. She has been partnering with organisations and
communities throughout Australia for 17 years to develop
positive cultures of mental health and wellbeing. Tasha has
a keen interest in reducing the stigma about mental illness
and increasing mental health literacy in our communities
and workplaces.

PRICE: \$100

TABLE OF 10: \$1,000

Book here

FORM’s Professional Learning programs are supported in part through a valued partnership with Australian Institute of
Independent Schools WA (AISWA). We are pleased to offer all AISWA members a 30% discount on tickets.

This event links to the themes of Once Upon a Sometimes, an exhibition by Stormie Mills co-presented with FORM
Gallery 18 October - 7 December 2024. Contributing to FORM’s Once Upon a Sometimes campaign gives your office an
immediate table at the Learning to live with the tiger breakfast panel, and access to other benefits.

Enquire at philanthropy@form.net.au.