



# Media Release

Monday, 13 March 2017

Gateway To Training (GTT)

Goondiwindi, St George, Roma, Warwick and Stanthorpe

## Gillian Goodes GTT Guest Speaker on International Women's Day

#Be Bold for Change the theme of this year's IWD was certainly applicable to Gateway To Training's guest speaker.

Gillian Goodes, a physiotherapist now living in Goondiwindi had the audience enthralled with her story.

In her opening statement she said "whilst reflecting on the IWD theme for this year of being bold for change I realised that I have made some deliberate choices in my life, but when I was invited to speak I wasn't sure if these could be described as bold"

After listening to her account of being born and schooled in Zimbabwe then making the decision with her now husband Bevin to move to England and the many choices they had to make during this journey, the audience was left in no doubt that this year's theme of #Be Bold for Change" was a fitting description.

Gill stated that one of the greatest challenges for her, to use an airplane analogy, was to fit her own oxygen mask before helping others. "I am still learning to prioritise exercise and self-care as non-negotiable rather than the first thing to go when things get busy. My son, my husband, my colleagues and my patients all benefit when I am in a strong physical, mental and emotional state" she said.

After living in England for eleven years where they had good jobs the decision to move to Australia, a country they had never visited seemed to their friends to be a crazy one. But based on the fact that they believed Australia would provide a better life for their son their decision was made. One they have never regretted.

After jumping through lots of red tape and delays they eventually arrived in Brisbane. They now call Goondiwindi home and love being part of and involved in this vibrant community.

Gill's parting words were taken from Sigmund Freud, "How bold one gets when one is sure of being loved", so Gill suggested that we should show love and support to others and thereby encourage all to be bold, because being bold can change the world.



**Gateway To Training (GTT)**

Phone: 07 4671 2258  
Fax: 07 4671 5522  
Email: [info@gttc.com.au](mailto:info@gttc.com.au)  
Web: [gttc.com.au](http://gttc.com.au)