



Invitation to Attend
SHOWGIRL PERSONAL DEVELOPMENT DAY
Sunday 3rd November 2019
Hosted by the Nowra Show Society

The Nowra Show Society is pleased to invite participants to attend an annual personal development day for Showgirl entrants as they prepare to enter their local and/or Zone Showgirl Competition. The day will once again incorporate two 'farm visits' providing Showgirls with an exciting, hands-on, agricultural experience in addition to sessions focusing on how to prepare for further stages of the competition.

Show Societies are encouraged to send along young women who are thinking of entering the competition, whether this year or in the future years, or current Showgirls who are preparing for their local Competition or 2020 Zone Finals. It is also an excellent opportunity for any young lady who wishes to further their career prospects by gaining the self-confidence necessary to pursue their field of choice.

Date: *Sunday 3rd November 2019*

Meeting at: *Nowra Showground - Committee Rooms, Junction Street, Nowra NSW 2541*

Time: *Registration from 8.15am*

Participants are asked to meet at the Nowra Showground ready for an 8.15am departure. Transport for the two farm visits will be provided by Members of the Nowra Show Society. Please contact the Showgirl Coordinator if you wish to make alternate travel arrangements.

Should participants not wish to attend the farm visits, please meet the group at the Nowra Showground at 10.30am for Morning Tea.

Training:

Current Agricultural Practices & Challenges

Social Etiquette

Public Speaking

Wardrobe, Hair & Make-up

Department and Grooming

Interview Techniques

Showgirl Competitions – Around the World

Dress: *Smart Casual (Note: Enclosed shoes are recommended for the farm visits)*

Cost: *\$55.00 – Showgirl Entrants; \$25.00 - Coordinator (Accompanying a Showgirl Entrant)*

Morning Tea, Lunch and Afternoon Tea along with applicable course notes are included.

For further information or to RSVP, please contact Jessica Apperley, Showgirl Coordinator, Nowra Show Society

E: showgirl@nowrashow.org.au P: 0418 961 783

RSVP Monday 28th October 2019



SHOWGIRL PERSONAL DEVELOPMENT DAY

Sunday 3rd November 2019

- 8.15am Registration – Nowra Showground
- 8.30am Depart Showground for Farm Visits
- 8.45am **Farm Visit: Life on a Dairy Farm**
Mr Tom & Mrs Kyleigh Cochrane
Past President, Nowra Show Society

(9.30am: Travel)
- 9.45am **Farm Visit: A Guide to the Show Ring**
Mrs Sandra Henry

(10.15am: Travel to Nowra Showground)
- 10.30am **MORNING TEA**
- 11.00am **Introductions**
Mrs Wendy Woodward
Past President, Nowra Show Society
- 11.15am **Etiquette**
Agricultural Shows – A Global Movement
Mr John Bennett (via Video Recording)
RAS Vice President & Ring Master, Sydney Royal Easter Show
- 12.30pm **LUNCH**
- 1.30pm **Wardrobe – How to dress to impress**
Public Speaking & Microphone Techniques
Ms Lauren Elkins
2009 Camden Showgirl;
3rd Place The Land Sydney Royal Showgirl Competition 2009
- 2.30pm **The Total Package – Everything you need to know!**
Ms Chloe Bishop; 2019 Nowra Showgirl
Ms Sarah Young; 2019 Kiama Showgirl and State Finalist The Land Sydney
Royal Showgirl Competition 2019
- 3.15pm **Conclusion & Certificate Presentation**

NB: The above program may be subject to change at the discretion of the Nowra Show Society