



# HER treat

AMONG THE GUMS

**MAY 15–17 2026**

Growing Confidence &  
Connection in Rural Communities

WOMEN OF THE MURRAY

# Because strong, brave women build thriving communities.

Women of the Murray (WOTM) is a not-for-profit social enterprise growing confidence in women and girls across our rural and regional communities, so they can thrive locally, without feeling they have to leave to succeed. We empower women and girls to choose bravery over perfection, connection over isolation, and leadership over limitation.

The organisation is guided by a dedicated Board of Directors who provide strategic oversight and ensure strong governance, while an advisory committee support Women of the Murray to remain community-led and sustainable.

Serving communities within approximately 50km North and South of the Murray River across both the Victorian and New South Wales border, WOTM offers inclusive spaces to gather, grow, and lead.

Through grassroots events, practical workshops, leadership initiatives and self-defence training, we're building a connected, resilient network of women who are redefining what it means to live, lead and belong in regional and rural Australia. As our impact grows, our vision is to expand our reach, deepen our community connections, and create long-term sustainability, so every rural woman in our catchment area feels confident, capable and celebrated, right where she is.



## Letter from the Founder

To the woman reading this, There is something special about choosing to pause.

In the middle of busy schedules, responsibilities, and the constant pull of everyday life, it takes intention to step away. To give yourself permission to rest, to reflect, and to reconnect with who you are beneath it all.

HERtreat was created with you in mind. It was created for the woman who gives so much to others. The one who shows up, holds space, keeps things moving, and often puts herself last. It was created as a gentle reminder that you are worthy of the same care, attention and nourishment that you offer so freely to those around you.

As the founder of Women of the Murray, I have had the privilege of witnessing what happens when women come together in a space that feels safe, real and supportive. Walls come down. Conversations deepen. Confidence grows. And something shifts.

HERtreat is an extension of that.  
A space to slow down.  
To breathe.  
To be present.

To reconnect with yourself, and with a community of women who understand, support and uplift one another.

As a teacher, I spend my days thinking about the next generation and the kind of world we are shaping for them. I truly believe that when women are supported to feel strong, connected and confident within themselves, it flows into their families, their workplaces and their communities.

This is how change happens. Not in big, overwhelming moments, but in small, intentional ones. In conversations. In shared experiences. In choosing yourself, even just for a weekend.

Thank you for being here.  
Thank you for choosing yourself.  
I cannot wait to welcome you.

With gratitude,

**Stacey Dick**  
– Founder & Managing Director



Ready to join us?

BOOK NOW →

# OUR AMAZING FACILITATORS



Stacey Dick (Taylor)

FOUNDER & MANAGING DIRECTOR

Stacey is a creative, community driven leader and mum of two who believes deeply in the power of storytelling. A 2025 Fairley Fellow and Secondary Visual Arts Teacher, Stacey is driven by a deep commitment to the next generation. She is passionate about equipping young women with the confidence, skills and support to lead, ensuring strong, connected and future-focused communities.



Kimberley Tempest

BOARD CHAIR

Kimberley Tempest is a proud rural educator and community advocate. As a Principal and educator, she has led transformative work in student leadership and championed a long-term vision to grow local people into leaders of tomorrow. Kimberley was awarded the 2023 Outstanding State Principal of the Year and is passionate about reducing social isolation for regional women and amplifying local stories.



Vicki Scott

BOARD SECRETARY

Vicki Scott approaches life with enthusiasm, professionalism, passion and a strong sense of fun. Vicki is deeply committed to building the capacity of others, coaching and mentoring emerging leaders, empowering people to take an active role in shaping the future of their communities. In 2025, Vicki was proudly inducted into the Victorian Honour Roll for Women as a Local Champion, recognising her outstanding contribution to community, leadership and advocacy.



Charlene Donovan

BOARD DIRECTOR

Charlene Donovan is a proud wife, mother of two and a dedicated community and stakeholder engagement professional. With over 15 years of experience supporting and strengthening regional Victoria, Charlene brings a calm, grounded approach to every role she steps into. A graduate of both the Fairley Leadership Program and the Australian Rural Leadership Foundation, Charlene is deeply committed to building strong, informed, and connected rural communities.

# OUR AMAZING FACILITATORS



**Beccy Freeman**

LUMINOUS SACRED  
WOMEN'S CIRCLE  
Breathe & Blossom



**Carly Knowles**

DIRECTOR/PRINCIPLE  
CLINICIAN  
Bella Pelle Body Clinic  
Yarrawonga



**Chez Stanley**

MENTOR | MEDITATION  
INTUITIVE HEALER



**Cherie Keating**

STYLIST  
Cherie Keating Stylist



**Clair Harb**

PILATES INSTRUCTOR  
Pilates Reformed  
Barooga



**Grace Gillett**

DIRECTOR/PRINCIPLE  
CLINICIAN  
Deniliquin Pelvic Physio



**Meghan Hill**

YOGA TEACHER, &  
MASSAGE THERAPIST  
Barooga Wellness



**Vicki Dwyer**

YIN YOGA



**Stephen Ahern**

FINANCIAL ADVISOR & SENSEI

Fiducian Financial Services &  
Shotokan Karate Budokai Victoria

# What is included:

Across the weekend, you can expect a thoughtfully curated blend of rest, connection, wellbeing and real-life self-development:

- Nourishing meals prepared using locally sourced produce wherever possible
- A self-serve snack station available throughout the weekend
- A curated Women of the Murray goodie bag
- Wellbeing workshops exploring nervous system regulation, hormones and pre-menopause, the lymphatic system, self-care and the importance of slowing down
- Honest, unfiltered conversations around mental load, confidence, boundaries, identity and the season of life you're in
- Styling Made Simple workshop to help you feel confident and aligned
- Movement and wellbeing sessions including yoga, pilates, breathwork, self-defence, bush walking and meditation, all designed to suit every level
- Practical, relatable tools and insights you can take home and integrate into your daily life including financial literacy
- Creative experiences such as paint and sip, watercolour and air-dry clay
- Plenty of rest and free time to nap, walk, journal, connect or simply be
- All non-alcoholic beverages provided, with BYO permitted within reason
- Soulful evenings filled with shared meals, laughter and meaningful connection
- Board games and an outdoor cinema under the stars\*

# Accommodation

Accommodation options are designed to suit different preferences and comfort levels and are additional to the retreat ticket price.

## **Accommodation options include:**

Shared self-contained cabins (per bed)

Shared small cabins (per bed)

(Onsite cabins include all linen, towels and heating and cooling)

Unpowered camping sites (bring your own setup)

Off-site accommodation arranged independently

For off-site accommodation options check out Air Bnb, Stayz or Murray River Hideaway Park in Strathmerton only 5km away!



## FRIDAY MAY 15

Time	Description
4:00PM ONWARDS	<b>Retreat Open.</b> Room check ins and goodie bags. Tour of Venue
5:00PM	Yin Yoga (1hr)
6:00PM	Welcome Circle
6:40PM	Seated Dinner
7:45PM	Confidence, Guilt and Boundries (40mins)
8:30PM	Outdoor Movie under the stars* Fire Pit Chats

# SATURDAY MAY 16

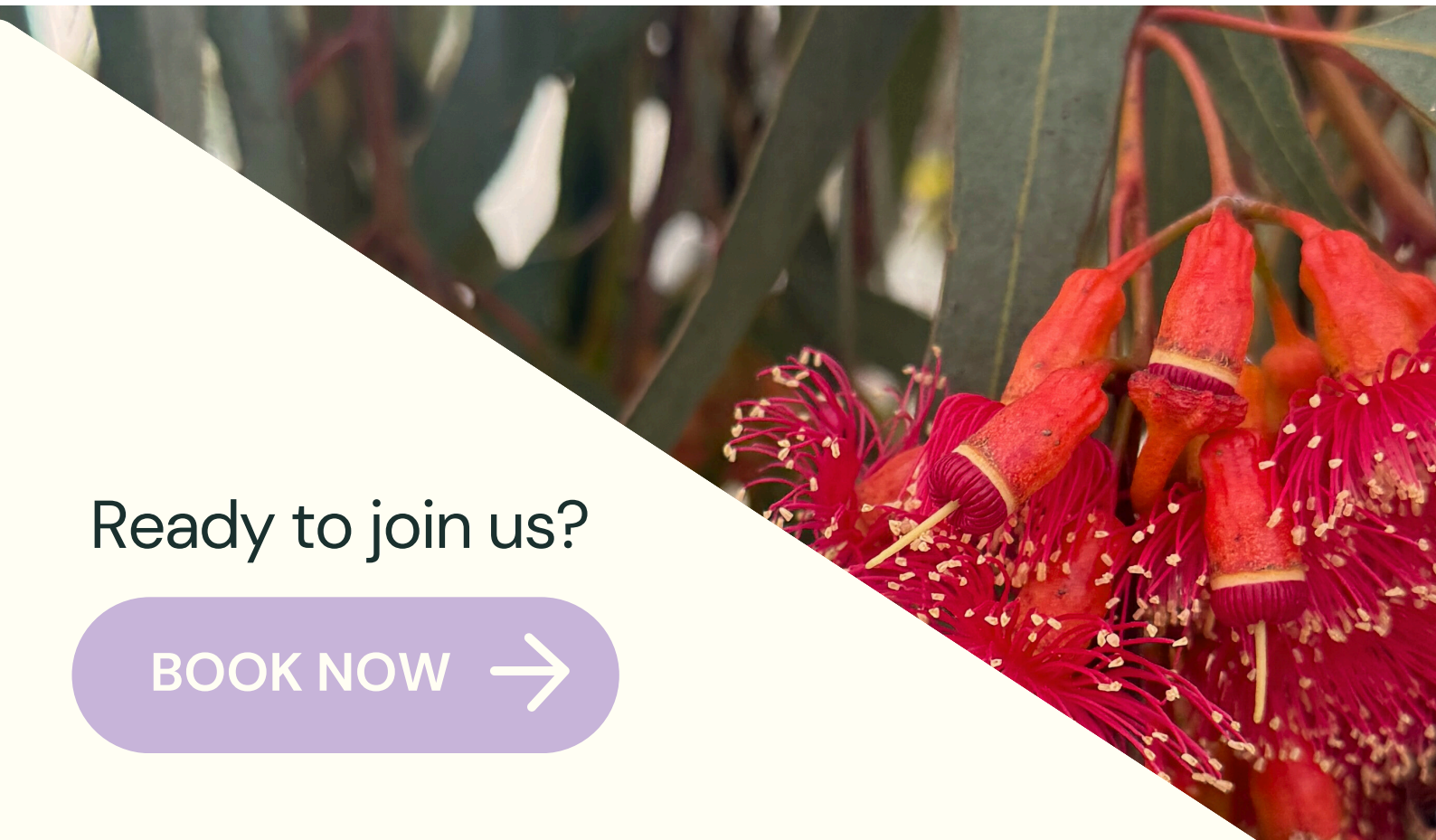
Time	Description
7:30AM – 9:30AM	Breakfast Buffet
8:00AM	Yoga with Barooga Wellness (1hr)
8:00AM	Bush Walk and Breathwork with Beccy (40mins)
9:30AM	Watercolour with Stace (1hr)
9:30AM	Amongst the Chaos Workshop - Vicki Scott (1hr)
11:00AM	Lymphatic System and Fascia - Carly Knowles
12:00 – 1:30PM	Lunch
1:15PM	Finance for Women - Fiducian Financial Services (45 min)
1:00PM	Air Dry Clay Trinket Bowls
2:15PM	Self Defence (1 hr)
3:30PM	Styling Made Simple Workshop - Cherie Keating
4:40PM	Pilates with Claire
4:40PM	Self Defence (1 hr)
6:30PM	Dinner
7:45PM	PJ Party/Pampering/Karaoke
7:45PM	Mashmallows, Coca and Fire Pit Chats

# SUNDAY MAY 17

Time	Description
7:30AM – 9:30AM	Breakfast Buffet
9:00AM	Sound Healing and Meditation with Chez
10:15AM	Hormone Health/Pre menopause with Grace Gillett (1 hr)
10AM – 2PM	Air Dry Clay Decorating
11AM – 2PM	Paint & Sip Style Session W/ lunch (2hrs)
12PM – 1PM	Lunch
1:45PM	Closing Ceremony Circle
3:00PM	Check out and <b>Retreat Close</b>

Ready to join us?

BOOK NOW →



# THANK YOU TO OUR EVENT PARTNERS



**THE PADDOCK**  
AT ULUPNA



*Beautiful, you deserve this!*

Reserve your place today.

BOOK NOW →

**women**<sup>of</sup>  
**MURRAY**

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