As a student of the Diploma of Professional Practice, I was sponsored to attend the 2013 Luminosity Youth Summit in Port Macquarie. Despite my initial reluctance to engage, I had a great time. This ‘reluctance’ I speak of was the result of me realising that I was one of the oldest participants present; and I was only 24! At first I found the general disparity of age to be a bit of a shock and my feelings of disconnectedness were aided further by the loud dance music playing in the main hall, the clapping of hands, the motivational speaker encouraging us to jump up and down out of our seats, the cheering and the one-off celebrity dance class. I quickly made friends with two girls around my age and we bonded over our age difference and our attitudes toward the event.

Around the middle of the second day I found myself confronted with some words by Andrew Morello, the host of the summit- a guy with a big personality and Winner of the first Australian Apprentice show. He stated that if you didn’t go for an opportunity based upon what people thought of you, then you would never get anything done. I considered this for a while and realised that indeed I had the chance over the next two days to soak up as much information from the various speakers as possible. And so I did. And I loved it.

Some speakers touched me in ways that others didn’t, such as Sue Lennox, a strong-willed woman and an environmentalist who ran a workshop on strategic questioning. She spoke of mindfulness and brain training and allowed us time to explore ways of questioning people and drawing from them more in-depth responses and feelings. For me, moments like that reminded me of some of the things I learnt about communication and emotional intelligence through the Leadership course I did as a part of the Diploma of Professional Practice. It felt as though I was finally putting into practice some of the things I had spent semester learning about through the online DPP course.

My decision to apply to have the DPP sponsor me to attend Luminosity was done as a part of my new commitment to myself to engage more fully in opportunities around me. I'm glad that the DPP gave me that opportunity, as I have walked away feeling a little more confident and having witnessed various speakers who are living proof of how throwing caution to the wind and embracing life can benefit the mind body and soul. Over the three days we listened to athletes, musicians, business men and women and activists talk about their achievements and their passions; each speaker was inspiring and each speaker had something in common and that was that they simply believed they could do something so they did it.

The core idea I concluded my experience at Luminosity with, is that the power of your mind is greater than what you can understand. If you see something you want, fix your mind in a good wholesome direction toward it and it will happen. The brain is an intriguing thing but it is our friend and we can use our minds to channel our passions and to achieve things that onlookers thought weren’t possible.

The learning I had done regarding emotional intelligence, professionalism and communication as a part of my online learning through the DPP, provided me with a platform from which I could better analyse my surroundings. For this I thank the DPP for offering a course which provided me with the basic skills and confidence necessarily to embrace opportunity and see myself moving toward becoming a valuable and professional member of the global community.

And if the conference itself wasn’t enough, the big fancy hotel room and buffet lunch every day was enough to say I had a great experience!