

2025/2026 Scholarship Recipient

Charlene Carlisle

Act Belong Commit

About me

I am interested in Health Promotion following a career change, I am particularly passionate about children and young people's mental health, with experience in research, community engagement, Indigenous Cultural Advise and youth work. I am about to complete my Bachelor of Applied Science in Indigenous Professional and Practices in Mental Health. This Health Promotion Scholarship within Act Belong Commit would help propel my career in Mental Health Promotion with children and particularly Aboriginal children.

I will work collaboratively with schools and other partners such as charities and local organisations to promote Mindful Movement and yoga. I will support others to develop personal skills in yoga and mindfulness to support their own health and cascade these skills to children and particularly Aboriginal children.



About the project

Together with Act Belong Commit, my project aims to promote **'Embedding Deadly Minds': Promoting mindful movement for children's social and emotional well-being.** 'Embedding Deadly Minds' will help to integrate trauma-informed mindful movement and yoga practices that support health and social and emotional well-being with children, particularly those from Aboriginal and Torres Strait Islander identities.

In 2024, small but highly successful charity 'Yogazeit' gifted its programmes (including Indigenous Youth Yoga teacher training, approaches for direct engagement with children, co-created Mindful Movement resources and digital delivery packages) to Act Belong Commit. The intention of the transfer is to transform small scale successful trials of these holistic approaches into a state-wide promotion of Mindful Movement and Yoga as a preventative strategy for psychological distress.

Throughout the project:

- Co-deliver Indigenous Youth Yoga Teacher Training and test a new tailored mentoring and peer support programme alongside an experienced Indigenous Deadly Minds facilitator.
- Conduct research with schools through the Act Belong Commit Mentally Healthy Schools programme.
- Develop an integration plan for Deadly Minds alongside the Act Belong Commit team.
- Develop and contribute to a new marketing resource that will be distributed across Act Belong Commit Schools.