



BE UNSTOPPABLE
FOUNDATION

2023 Annual Report



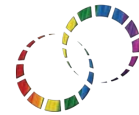
BE UNSTOPPABLE
FOUNDATION

Mental Health Programs For Adults And Kids

In-Person Group Workshops and One-on-One Online



We acknowledge the Traditional Owners of the land on which we meet, the Darug Nation and People, and the indigenous people in the lands where our programs are delivered. We honour their cultures and their Elders past, present and emerging.



UNSTOPPABLE
KIDS



Achievements

Established Date: 15 December 2020

To End of Financial Year Funding: June 2023

Achievements: 2020 to 2023

Transforming the Lives of Adults and Kids in Our Community

By Cultivating 'Positive Mental Health'

\$682,000+

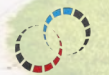
In Grants
From January 2021
to June 2023

1,998

Adults and Kids
Have Completed Our
Programs

\$341

Average Cost
Per Person in a
10 to 12 week Program



BE UNSTOPPABLE
FOUNDATION

Annual Report 2023

Achievements: 2020 to 2023

Transforming the Lives of Adults and Kids in Our Community

By Cultivating 'Positive Mental Health'

1,518

Teenagers
Have Completed
UNSTOPPABLE KIDS

11

UNSTOPPABLE KIDS
School Programs
Completed

466

Adults Have Completed
Our Programs in Group
Workshops

769

Adults Have Registered
for Our Programs
Many Waiting to Start

Our Purpose and Values

Purposefully and Ethically

Helping the Community for Positive Impact

Our Purpose

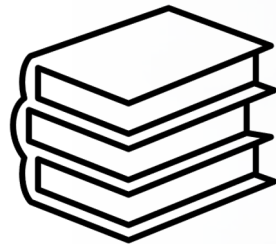
Helping Our Community

Cultivating 'Positive Mental Health' in Adults and Kids



SUPPORT

Through Counselling
and Support Coaching



EDUCATE

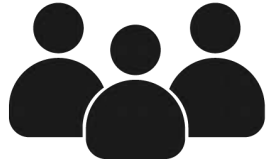
Through 10-12 Week
Structured Programs



ACTIVATE

Participants Activate Skills for
Themselves and Their Families

Our Values



CARING FOR OTHERS

Our team genuinely cares about the well-being of the community, working to make a positive difference in the lives of others.



IMPACT

We are purposeful in how we educate and support others. We strategically deliver programs to teach skills that have life-long positive impact.



EDUCATION

We understand the power of effectively educating adults and kids with skills that can make a positive difference in their lives.



ETHICAL PRACTICE

Every action taken within the operations of the charity, is done ethically, morally and legally, with the community and stakeholders at the core.

Our Supporters

Collaborative Grant Partners

Generous Donations

Our Supporters



“ The Unstoppable Program completely over exceeded all my expectations in raising our awareness and learning. We learnt so much, truly beneficial for a lifetime. The content was easy to understand and extremely relatable. Thankyou so much Dee for the very much needed opportunity and all your Professional and Compassionate support. Thought provoking and Life changing.

Faith, Sydney NSW



2021 Grant of \$5,000

Supporting UNSTOPPABLE KIDS online. We delivered 13 one-on-one programs with teenagers and their families through the covid lock-downs.

Our Supporters



BE UNSTOPPABLE
FOUNDATION

“ I feel I have grown stronger, braver, happier, more controlled emotionally and above all else, empowered. I am forever grateful I was able to do your course and I can't wait to use the tools you have taught me in my life, my children's life and those around me.

'Positive Mental Health' for Adults Program



Communities
& Justice

2021 Grant of \$91,315

Supporting our charity to remain sustainable through the covid lock-downs and scale up program delivery for adults and teenagers via online workshops.

We delivered programs for 70 adults in multiple zoom workshops and 239 students at Granville Boys High School.



Our Supporters



2021 Parramatta

ClubGRANTS for \$10,000

Supporting UNSTOPPABLE KIDS at
Parramatta High School.

We delivered the program to 232
students in Year 8 in 2022.

Our Supporters



2021 Cumberland ClubGRANTS for \$75,235

Supporting UNSTOPPABLE KIDS at
Granville South High School, Muslim Girls
Grammar and Regents Park Christian School.
We delivered the program to 354 students
in 2022.

Our Supporters



Education

2022 Grant of \$83,389.90 per FY

Supporting the 'Positive Mental Health for Families' program. Helping over 180+ families.

Delivering programs throughout financial years 2022-2023 and 2023-2024.

Group workshops delivered in-person and online via zoom.

Our Supporters



Health

2022 Grant of \$161,194

Supporting the 'Riding for Positive Mental Health' program. Helping over 100 adults directly and 400 individuals through the ripple effect of learning. Group workshops delivered in-person, combining sports and mental health education in 2022-2023.

Collaborating with Addventageous for the bike riding elements of the program, supported by Outdoors NSW and ACT.



Our Supporters



THE Epping CLUB


2022 Parramatta

ClubGRANTS for \$10,000

Supporting UNSTOPPABLE KIDS at
Parramatta High School.

We delivered the program to 300
students in Year 8 in 2023.

Our Supporters



BE UNSTOPPABLE
FOUNDATION

“ I will be thankful to you forever, for making me realise my own powers, core values and needs, my weaknesses and opportunities to grow, to break my habitual patterns that are not helpful and to achieve miracles in my life.

'Positive Mental Health' for Adults Program

THE *Epping* CLUB

2022 Parramatta

ClubGRANTS for \$10,000

Supporting the 'Positive Mental Health' for Adults program via zoom.

We delivered the program in 2023 directly to 20 adults in a 12-week workshop, enabling them to help their families, resulting in a ripple effect positive impact on 80 individuals.

Our Supporters



2022 Cumberland


ClubGRANTS for \$32,500

Supporting UNSTOPPABLE KIDS at
Granville South High School and Auburn
Girls High School.

We delivered the program to 208 students
in 2023.



Our Supporters



BE UNSTOPPABLE
FOUNDATION

“ I wanted more out of my life, meaning and purpose, yet I lacked the confidence to assert myself. I have worked through some uncomfortable experiences that I have come to accept as who I am. I know I have choices, techniques and tools to stop and breath. I know I can stand strong.

'Positive Mental Health' for Adults Program



2022 Cumberland

ClubGRANTS for \$20,000

Supporting the 'Positive Mental Health' for Adults program via zoom.

We delivered the program in 2023 directly to 40 adults in a 12-week workshop, enabling them to help their families, resulting in a ripple effect positive impact on 160 individuals.



Our Supporters



2022 Calcutta Gala for \$13,575

Supporting the 'Positive Mental Health' for Adults program via zoom for men.

* To be delivered starting September 2023.



2023 ClubGRANT for \$14,960

Supporting the 'Positive Mental Health' for Adults program in-person workshops.

* To be delivered August to October 2023.



2023 Grant for \$20,000

Supporting the UNSTOPPABLE KIDS program for Mount Annan Christian College.

* To be delivered in term 3 of school 2023.



2023 ClubGRANT for \$51,500

Supporting the UNSTOPPABLE KIDS program for Bankstown Girls and Punchbowl Boys High.

* To be delivered in term 4 of school 2023.

Our Gala

Raising Awareness for Mental Health
and Celebrating Success



Our Gala – 3 June 2023

Gala

Saturday 3 June, 2023
Wenty Leagues Club
50 Smith Street, Wentworthville

6:00pm-6:30pm | The Compass Lounge
Pre-Drinks & Canapés

6:30pm-11:00pm | Blaxland Room
3 Course Dinner & Beverage Package

Raffle | Over \$10,000 in Prizes
Corporate Sponsorships Available
Tickets \$180 each or Table of 10 for \$1,600
<https://www.beunstoppablefoundation.org/gala>

Dress ~ Formal

BE UNSTOPPABLE
FOUNDATION



Buy Tickets



BE UNSTOPPABLE FOUNDATION BOARD

From Left: Ron Browne, Dee Raquel Joma (Founder)

Simone De Mario Henry, Benita Samaha

and Tony Bonanno.

Our Gala – 3 June 2023



Raising \$15,323.95

All funds are allocated to the ongoing expenses of the charity and supporting the community with programs and counselling.



The Foundation's Future

Strategic Planning for the Future

Our Goals

Our Goals - What we see for the future!

STAGE 1

PROJECTIONS FOR A SUSTAINABLE CHARITY

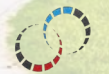
- Generate \$1.5 million in grants and donations per year
- Deliver 30+ UNSTOPPABLE KIDS – School Programs per year (over 6,000 teenagers per year)
- Deliver 20+ ‘Positive Mental Health’ for Adults – Group Workshop Programs per year
 - Over 400 adults per year with direct benefit.
 - Over 1,000 people per year with ripple effect benefit from the adults.
- Deliver 100+ ‘Positive Mental Health’ for Adults – Online Programs per year
- Collectively educating and helping over 7,000 people annually
- Charity overhead administration costs managed at less than 10% of total revenue generated, ensuring maximum use of revenue granted to deliver the Foundation’s purpose and help others.

Our Goals - What we see for the future!

STAGE 2

PROGRAM EXPANSION

- The number of programs delivered annually will increase as the charity secures consistent funding from multiple sources.
- The foundation needs a space to run the charity, which will be used as both a location to deliver programs, as well as a training space to develop the facilitation skills of more counsellors, coaches and psychologists, and deliver one-one-one support sessions with participants.
- Our vision requires sustainable generosity, to enable us to help people manage 'adverse mental health' and cultivate mental strength for the 'positive mental health' for all Australians.



Governance

Our Board of Directors

Our Valuable Team

Governance - Board of Directors

The BE UNSTOPPABLE FOUNDATION has a board of five high calibre directors. The directors come with extensive credentials and professional experience, ranging from 15 to 35+ years. The collective knowledge and experience of our directors is an invaluable resource to be shared in order to assist all people, inclusive of mentally and emotionally healthy adults and kids, and vulnerable people with access to high quality mental health educational programs, as well as mental health support.



From Left: Ron Browne, Dee Raquel Joma (Founder)
Simone De Mario Henry, Benita Samaha and Tony Bonanno.

Dee Raquel Joma

Founder / Executive Director

Bachelor of Coaching/Counselling
ICF Professional Certified Coach
25+ Years Professional Experience

Simone De Mario Henry

Director

Certified Counsellor with the Australian
Counselling Association.
5+ Years Professional Experience

Tony Bonanno

Director

Accredited Behavioural
Assessment and Profiling Coach
33+ Years Professional Experience

Benita Samaha

Director

Professional Collaborated
Coaching Facilitator.
20+ Years Professional Experience

Ron Browne

Director

45+ Years Professional Experience
with Business Development,
Governance, Sales and Training.

Governance – Our Incredible Team

The BE UNSTOPPABLE FOUNDATION has a team of certified counsellors and psychotherapists, as well as psychology graduates, accredited through the Psychotherapy and Counselling Federation of Australia, and the Australian Counselling Association. The team of professional coaches are all credentialed with degrees through various universities/colleges, led by the Founder who is an International Coach Federation Professional Certified Coach.

All staff undergo in-house training on program content, service deliverables, expectations and other organisational policies. Staff receive regular supervision throughout program roll-out, ensuring competency of practice and outcomes being achieved, as well as a platform to resolve issues. Part of supervision is the internal support and protection of the mental health and wellbeing of our team.



CONTACT US

☎ 1800 THINK WELL or 1800 844 659

✉ info@beunstoppablefoundation.org

🌐 www.beunstoppablefoundation.org

