



**Invitation**  
**Young Woman Competition Development Day**  
**Sunday 19<sup>th</sup> October 2025**  
**Hosted by the Nowra Show Society**

The Nowra Show Society is pleased to invite participants to attend an annual personal development day for Sydney Royal AgShows NSW Young Woman Competition entrants as they prepare to enter their local and/or Zone Competition. The day will incorporate a 'farm visit' providing participants 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 entrants who are preparing for their local Competition or 2025 Zone Finals. It is also an excellent opportunity for any young woman who wishes to further their career prospects by gaining the self-confidence necessary to pursue their field of choice.

**Date:** Sunday 19<sup>th</sup> October 2025

**Meeting at:** Nowra Showground Pavilion – 1 Junction Street, Nowra NSW 2541

**Time:** Registration from 8.45am

*Participants are asked to meet at the Nowra Showground Pavilion ready for a 9.00am departure. Transport for the farm visit will be provided by Members of the Nowra Show Society. Please contact the Coordinator if you wish to make alternate travel arrangements.*

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

**Training:**

*Current Agricultural Practices & Challenges*

*Social Etiquette*

*Public Speaking and Conversation*

*Wardrobe, Hair & Make-up*

*Department and Grooming*

*Interview Techniques*

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

**Cost:** \$60.00 – Young Woman Entrants; \$27.50 - Coordinator (Accompanying a Young Woman Entrant)

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

For further information or to RSVP, please contact Jessica, Young Woman Competition Coordinator, Nowra Show Society

RSVP Wednesday 15<sup>th</sup> October 2025 E: [social@nowrashow.org.au](mailto:social@nowrashow.org.au) P: 0455 596 829



## **Young Woman Program Development Day**

**Sunday 19<sup>th</sup> October 2025**

8.45am	Registration – Nowra Showground Pavilion
9.00am	Depart for Farm Visit
9.15am	<b>Farm Visit: Life on a Dairy Farm</b> Mr Tom & Mrs Kyleigh Cochrane Past President, Nowra Show Society  (10.15am: Travel to Nowra Showground)
10.30am	<b>MORNING TEA</b>
11.00am	<b>Etiquette</b> Mrs Sharon Larter
11.45am	<b>Public Speaking, Confidence and Conversation</b> Ms Ann Sudmalis Previous Member for Gilmore
12.30pm	<b>LUNCH</b>
1.30pm	<b>Wardrobe – How to dress to impress</b> <b>Interview Techniques</b> Ms Lauren Elkins 2009 Camden Showgirl; 3 <sup>rd</sup> Place The Land Sydney Royal Showgirl Competition 2009
2.30pm	<b>The Total Package – Everything you need to know!</b> Ms Lisa Horner 2023 Nowra Show Young Woman 2023 State Finalist The Land Sydney Royal AgShows NSW Young Woman
3.15pm	<b>Conclusion &amp; Certificate Presentation</b>
3.45pm	<b>Competition Photos – Nowra Young Woman Entrants only</b>

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