Up to 30 Indigenous hospitality trainees are learning how to achieve a work/life balance through the ‘Future Stars’ program run by Karen Sheldon catering company.

The ‘Future Stars’ will today share their experiences with Minister for Indigenous Development, Malarndirri McCarthy.

Minister McCarthy said it was important for everybody to make time in their working day for their families, friends and themselves.

“Our working days have increased in the last 20-years despite a 40-hour working week and we all need to fit rest and relaxation into our days,” said Ms McCarthy.

“Everybody is busy, but spending time with our families and friends and ourselves is just as important as it is turning up for work everyday.

“It is also very important for our overall health and wellbeing to maintain a balance between how we work, live and play.

“I will be encouraging these ‘Future Stars’ to start now at developing a balance in all these areas so that they can reach their full potential.”

Minister McCarthy will be joining the Future Stars participants at Kantilla’s TIO Stadium Marrara from 1:00-2:00pm today.

The “Future Stars” program gives Indigenous people training into areas of hospitality and commercial cookery whilst also instilling life skills, positive learning’s and mentoring.

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