

Xenia Schembri Media Kit



Introduction

When Xenia Schembri told her story, people would often suggest that she should write a book. So, eventually after starting it in 2012 she finished it in 2018. Writing her story down was so much harder than she could have imagined. It became quite a journey for her, and through it she had to discover her healing along the way.

Domestic Violence was part of Xenia's life for many years from 1990 to 2005 and she now believes that her past does not have to negatively impact her life but positively motivate and direct her future by creating change in the attitudes and mindsets of society.

She is a mouthpiece for the voiceless as she exposes what society would like to shut down such as sexual abuse and domestic violence. 'We have to stand up for people who cannot stand up for themselves, I for one cannot stay silent anymore.' she says.

She is often compared to Xena Warrior Princess, not just because of her name but also because of her fighting spirit. Her strength and determination is often hidden amongst her gentle demeanour.

- Introduction.....1
- Biography.....2
- Charity.....3
- Books.....4
- Testimonials.....6
- Interview Questions.....10
- Contact11



Biography — Meet Xenia Schembri



Xenia has had to face challenges as she navigated her way through a 15-year domestic violent marriage with her first husband. She has authored *Broken To Be Beautiful* to highlight that there is freedom and a victorious life waiting for anyone who finds the courage to move past their trauma and pain. This book shows a tenacity and warrior mentality can be developed to conquer circumstances beyond our own control. This is her story of how she has turned the ashes of a broken life into an ornament of beauty.

Xenia is an international author of a 3-book series written to empower families, educators and other professionals to equip this and future generations with self-protective behaviours.

Xenia was a finalist in the 2019 Heart of a Women Award's on the Gold Coast in Youth and Children Services category and the Winner of their Heart Award for Outstanding Achievement.

“Being in a Chrysalis is a hard place. Your head turns into mush, and your body becomes crushed. It’s painful. But that’s the place where transformation begins. It is here you finally turn into a butterfly”.



Xenia and her husband, Simon, are associate Pastors of a church on the Gold Coast, Queensland, Australia, they have also founded a charity called At The Ark Inc. This charity supports families whose children have been sexually abused. It also equips organisations such as churches, schools and child care centres to protect children and prevent child abuse.

Xenia is available for speaking engagements and has spoken at women events, breakfasts, conferences, and churches throughout Australia and Internationally.



I couldn't put it down

At The Ark Inc.



Mission Statement: Holistically restoring families of abused children through love and compassion, whilst actively impacting future generations by empowering them with skills for prevention and protection.

Charity Overview: A not for profit organisation set up to assist families who's children have been sexually abused and families who have been impacted by domestic violence. Our aim is to get alongside families to be a listening ear and a practical helping hand when in crisis.

Inspirational

I loved it



At The Ark is now officially a provider for the police service to refer too.



Picture: Child Protection Week in September

It has given me hope

At The Ark Inc. Info

Founded in August 2008

Official Charity status in 2010

Helping Hands Program – Support families dealing with the ‘fall out’ from child sexual abuse.

One in 5 Workshops and Seminars - Empowering and equipping people to protect children.

Prevention - Brave Little Bear Book Series. Equipping families & educators to protect the next generation.

We believe there is hope in hopeless situations and restoration in a broken world.

We can't change their past.....but together we can change their future.

It has given me understanding

Sponsored by:

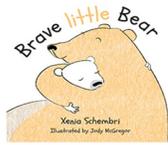


Partnered with:

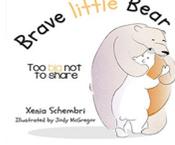


Brave Little Bear—Equipping Families

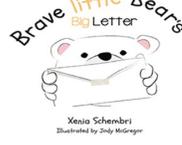
Brave Little Bear Book Series



3 to 7 yrs



6 -13 yrs



Adults

Brave Little Bear - Book 1

Brave Little Bear tells his story to 3 to 7-year old's to gently introduce self-protective behaviors.

Brave Little Bear: Too Big Not To Share - Book 2

Brave Little Bear equips 6 to 13-year old's with different tools to help keep them safe throughout their lives.

Subjects covered: fear feelings, online safety, body consent, the difference between secrets and surprises, plus more.

Brave Little Bear's Big Letter – Book 3

Brave Little Bear writes a very brave letter to 'safe bears' to help them understand why the tools being taught in books 1 and 2 are so important.

Brave Little Bear Info

Is available worldwide and is currently in 13 countries including:

- Australia
- New Zealand
- UK
- Canada
- USA
- Fiji
- Indonesia
- Dubai
- Hungary
- New Caledonia
- Japan
- Cambodia
- Italy

Xenia won the Heart of Women's Award 2019 (For Outstanding Achievement & was a finalist for Youth & Children Services).

OVER 2000
SOLD
Internationally



Picture: At The Ark Book Launch



Picture: Child Protection Week



Picture: With the award



Picture: Award received

Sponsored by:



Network of Caring



Piano for Schools

Proudly supported by

Councillor
Kristyn Boulton

Division 4
facebook.com/kbfordiv4



Broken To Be Beautiful

It is easy just to ignore it but it won't go away – Xenia writes a very candid, honest and raw account of her story of how she navigated her way through a 15-year domestic violent marriage. She aims to create awareness and change through this book. If a reader hasn't been through trauma they will understand why a person will stay in an unhealthy relationship, and if someone is going through or gone through trauma they will be able to relate very well with the emotions of her dilemma. 'A book you won't be able to put down once you picked it up'.



This story will change lives

It echoed my own story



Heart wrenching

Awesome Testimony

I can help a friend in DV

It's a Powerful story

Broken To Be Beautiful Info

Newly released February 2019

Available for purchase at:

- www.xeniaschembri.com
- Koorong
- Amazon
- Fishpond
- Angus & Robertson
- Booktopia
- Dymocks
- Google
- Goodreads
- Foyles

This is a story full of hope, healing, redemption and resilience.

#inspiringchange
#carrierofhope
#developingwarriors



Testimonials & Endorsements For Broken To Be Beautiful

Review

This book is an incredible read. Very well written. I bought the book and read it from cover to cover the same day. To know that Xenia could not only go through these traumatic experiences and then write about them is incredible. Most people would want to push the memories behind them, but because of her faith and also the obvious support of her "soul mate" and her family, she has written an epic which will relate to so many people. I encourage anyone reading this review to buy the book. It will not only tell Xenia's story but also show anyone going through similar circumstances how to find the strength to overcome. Thank you Xenia for being brave enough to write your story.

Review

I thoroughly enjoyed this book! So captivating, it was hard to put down. I appreciated Xenia's ability to be so transparent and yet able to cleverly reveal the depth of trauma that she endured without going into unnecessary graphic detail. A wonderful story of how God can turn ashes into beauty, bringing hope to all those who read it.

Review

There is often a feeling of stigmatism surrounding domestic violence issues. This can be because of the circumstances that surround the victim, what they're living in and going through. The overwhelming emotional and physical abuse can lead them to believe in the lies the perpetrator portrays and their need to be faithful to their other half. The smoke and mirrors people are made to live within, a cage. Society can often feel like a cold and helpless place. This book offers hope to those who feel secluded by their conditions. For those that feel unwanted and unthought of or maybe its too hard to even be heard. This book brings hope through a connection between victims. The ability to bring hope and to encourage victims to reach out to a personal or professional confidant. This book brings hope to even the darkness of situations and provides a unique perspective of overcoming your perpetrator with strength, courage, compassion and faith in your future. There is help available and people who care, who can relate and understand to guide and support you through. This book also helps others understand the shame as a victim of domestic violence, the difficult conditions of domestic violence and the unexpected, unforeseen and inhumane situations families are subjected to. This heartbreaking story portrays a loud message of strength, courage and a genuine fight for human rights. Thank you to the Author for sharing and may it be a gateway to healing and a guiding light for many in such a horrible situation.

Testimonials & Endorsements For Broken To Be Beautiful

Review

This book will develop a warrior spirit in every reader by the array of emotions that you will go through, it is a story of hope when there seems no way out. If you have or is experiencing domestic violence or you know someone who may be in an unhealthy relationship this is a great read to help you understand. It's a manual of how to survive and how to help others survive. It is raw and candid and you will not be able to put it down.

Review

Broken to be Beautiful... firstly you'll need to prepare yourself. Find yourself a comfortable setting to read this book including a box of tissues. This is one book you won't want to put down. What this woman endured was incomprehensible. How she came out is nothing short of a miracle. This is a book about courage and resilience, and what it means to keep going even when the odds are stacked against you. Xenia writes bravely and fearlessly. Thank you for sharing your story, especially the difficult parts.

Review

Abuse of any kind is abhorrent, damaging and incomprehensible! While education, counseling and support are essential, only love and hope can truly repair a broken heart. Xenia's courage and journey remind us all of the beauty of grace. Her story is not only inspirational but a reminder to us all that giving up is not an option and that there is a better life ahead for those who choose to fight.

Rob Molhoek MP

Testimonials & Endorsements For Brave Little Bear Series

Review

Sensitively written, The Brave Little Bear's message reaches out to children in a way that no adult can. I believe Bear's thoughts "You can be brave, find someone and share" will resonate with other children and encourage them to share. An excellent tool for psychologists, counsellors and parents, dealing with precious little ones who have experienced sexual abuse.

Dr Jan Monument
Clinical Psychologist

Review

The beautiful simplicity of this book will give children a opportunity to become aware and connect with their internal world of feelings and responses in a healthy and protective way. Brave Little Bear—Too Big Not to Share brings a message of hope and the possibility of change by educating children, including the very real challenges of cyber safety. It is a wonderful resource for anyone wanting to support children, families and the wider community who have been affected by sexual abuse.

Melinda McDonald
Counsellor (Clin). B.Soc.Sci. (Coun)

Review

Reading Brave Little Bear's Big Letter has changed the way I look at child sexual abuse. This often difficult and taboo topic is simply too big not to share. As a father of four young children I feel extremely blessed and fortunate; however, I am also aware that 1:5 children in Australia will be sexually abused before they turn 18. I for one am not willing to stand by whilst our children suffer in silence. I encourage every parent, carer, teacher and student to read and share this book as widely as possible. Although a little uncomfortable at times we need to stand up for those who are at risk.

Major (Retired) Andy Cullen, Author and Father

Speaker Testimonials

Xenia merges her personal experiences into any presentation with genuine openness and transparency as well as her knowledge of current and relevant statistical information on the subject of Child Protection and Domestic Violence. Xenia shares her spiritual and emotional journey in a way that brings the subject to everyone's reality, in a passionate and moving way. The audience was totally engaged with her as she brought her knowledge and experience in a tactful and very real manner, leaving no doubt this is a subject very close to her heart. We had very positive feedback from the Workshop she facilitated.

Pastor Clara Scroggins

I was absolutely blown away at the manner in which Xenia spoke at an event held at our church, she was highly organized and passionate, as she addressed sober statistics, her personal story and the difficult issue of child sexual abuse. She was sensitive, insightful, informative and interactive. Xenia boldly addresses what many of us would rather bury and ignore.

Rev. Dr. Rich Peterson

We had the privilege of having Xenia as a guest speaker at our women's ministry event and a child safety seminar we hosted for our church and community leaders.

She passionately and openly shared her story with us and inspired us with her energy and drive, using her experience for good, to prevent the same tragedy from happening to other children and families.

Child abuse is such a sensitive and emotional topic, but Xenia's way of communicating the facts and statistics, and involving her audience, brought a peace and an openness to the group.

Xenia is a woman with so much compassion and a deep love to help others, this shows in the way she presents herself with such excellence.'

Joe-Ann Smit
RiverCity Christian Church



Interview Questions



What is Broken to be Beautiful about?

How long did it take for you to write your story?

What was the hardest thing about writing your story?

Is this book for victims of domestic violence only?

What other authors are you friends with and how do they help you become a better writer?

What's in the name 'Broken to Be Beautiful?'

You created a charity called At The Ark which was birthed out of your story - can you tell us about that?

What other books have you written?

What was the motivation behind writing the Brave Little Bear Series?

How has the Brave Little Bear series impacted the community?

Do you want each book to stand on its own, or are you trying to build a body of work with connections between each book?



It's an incredible story



Statistics

My Goals & Purpose

Inspiring change by being a carrier of hope and developing warriors.

Xenia's heart is to have a set of Brave Little Bear books in every classroom in Australia.

In 2018:

- 3,649,541 children entered the education system in Australia
- 1 in 5 = 20% of these will be SA before they leave school = 729,908.2
- Inc. pre school kids this equals approx. 59,000 children a year

Australian Domestic Violence Statistics:

- By 10 a.m. today the police will have received 300 calls
- In Australia, DV related incidences kill 1 women a week and 1 man a month
- DV is the principle cause of homelessness by women and children
- 1in 5 women receive sexual harassment at work
- Cost Australian economy \$22 billion a year

Worldwide in 2018

- 5 people killed by sharks
- 5000 people killed by lightening
- 50,000 women killed in DV related incidents = 137 women a day



Sam O'Connor MP for Bonnie



Ros Bates Shadow MP Mudgeerabah
(Shadow Minister For Women's)

Contact Information:

- ✉ xene@attheark.org.au
- ☎ 0430 486 603
- 🌐 www.xeniaschembri.com
- 🌐 www.attheark.org.au
- 📘 'xene.schembri'
- 📷 'xene_schembri'
- 🐦 'xeniaschembri'
- 📄 'Xenia-Schembri-3714454a'
- 📍 PO Box 694 Upper Coomera QLD 4209

