

Adulting 101

From birth to 18 there are just 936 weeks. By the time young people reach high school, only 260 weeks remain – and senior school goes quickly!

Adulting 101 creates space to pause, reflect and think intentionally about the skills, confidence and conversations young people need in their tool box as they prepare for life beyond the school gate.

For Parents & Carers

As young people move from the 'asking permission' to 'asking for opinion' phase of their family life, family dynamics naturally change.

This session supports parents and carers to:

- Strengthen communication during the senior school years
- Navigate increasing independence
- Have practical, proactive conversations about life after school
- Equip young people with skills for confident decision-making
- Ensure their young person has a well equipped 'tool box' as they get step into Adulting

It's practical, reflective and grounded in real-world challenges facing today's families

For Students

We launch so many times across our school life. Pathways are varied and exciting – and sometimes overwhelming.

Adulting 101 doesn't lecture about right and wrong. Instead, it helps young people build their toolkit so they can make informed choices, explore opportunities and step into adulthood with confidence.

Students leave with practical insights, conversation starters and access to current, relevant resources.

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Topics Include:

- Revisiting healthy and respectful relationships
- Pathways beyond the school gate
- Work readiness and psychological safety in the workplace
- Financial literacy – including gambling, online shopping and buy-now-pay-later risks
- Consent and ethics
- Embracing identity and your authentic self

Workshop Format

This workshop is available in two formats – for students or for parents and carers. They are 90min in length and are designed for Year 10–12 communities.

The Speaker

Workshops are delivered by Leigh Bartlett who has a background in education, wellbeing, sports coaching and has practiced the content on a few kids of her own.

With 100's of presentations under her belt Leigh continues to develop content through co-design with Families, Schools and Young People to ensure content remains relevant and 'on point!'

To Find Out More

For further information on the workshops and costs for your school or community please contact Leigh Bartlett.

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‘Small conversations now can shape big decisions later.’
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