



Ready to Launch

Ready to Launch is a series of workshops designed to be delivered in schools and through community groups that focus on supporting Young People to thrive.

'Building Rocketships': Prep-Year 2

'Tools to Launch': Year 3-4

'Ready to Launch': Year 5-6 and Year 7-9

'Adulting 101': Year 10-12

Ready to Launch workshops are available for:

- Parent/Carer Families** from pre-school, primary school through to secondary school and the beginning of the adulting years
- Student** workshops delivering to primary and secondary schools
- Professional development** for primary & secondary schools along with the community sector
- Transition Talks**, an alternative workshop for years 5-6 focusing on transition

Workshop Format

The workshops are interactive, focused on strengths, explores strategies and practices language that may be helpful as students move between Primary and Secondary school.

Workshops range from 60-90 mins in length and can be delivered online or face to face. Each workshop is age appropriate and has the flexibility to focus on specific issues which are topical in the community at any one time.

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!'

Grown Up Topics

The importance of school family partnerships -boundary setting - rolemodelling -skills for challenging conversations -creating support networks -the importance of showing an interest in online activity -skill building for the future -language we use.

Testimonies

"Found the presentation engaging and content highly relevant and eye-opening"

"Thank you for being so relatable and providing such important information for us"

"The range of different topics covered was great - great to hear from parents in small groups"

"Entertaining, relevant engaging, entertaining and timely"

"Leigh is one of the most effective, enjoyable and professional presenters I have ever encountered"

"We co-parent pretty well but tonight has really given us something to think about"

Student Topics

Looking out for your mates -emotions and regulation -'put down' language -healthy and respectful relationships -leadership and communication -repair vs conflict - how we make choices -respecting difference -consent and ethics -where to go when worry happens -having a plan - most importantly having great expectations of ourselves, those who are supporting us and each other.

To Find Out More

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

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