

# Survive and Thrive VCE

Two-half day interactive workshops will set our teens up for success in 2024 for VCE. Students starting Year 10, 11 and 12 will learn techniques to deal with the Mental and Physical Wellbeing on Day 1. This will include anxiety control and stress management, getting and keeping self-esteem high, increasing self-awareness, balancing social needs and maintaining physical health. Day 2 will be all about Study Skills and Organisation to give them a strong start. This will include goal setting, getting organised and staying organised, specific study techniques, and exam preparation.

Mainstreaming neurodivergent (ASD, ADHD, etc) young people welcome and encouraged to attend as well. The techniques taught work across everyone.

Thursday 18<sup>th</sup> January 12:30-4pm      Day 1: Mental and Physical Wellbeing

Friday 19<sup>th</sup> January 12:30-4pm      Day 2: Study Skills and Organisation

Costs: \$120 per young person for the two days. Visit <https://www.youthlifecoach.com.au/> and book by emailing [youthlifecoach@healthpriorities.com.au](mailto:youthlifecoach@healthpriorities.com.au)

Location: Warrandyte Neighbourhood House- Level 1/168 Yarra St, Warrandyte

*Natalie Rinehart is a Youth Counsellor/Life Coach based in Warrandyte who works with a range of young people across multiple areas. Over the years she has seen the pressure put on young people to achieve in VCE. This course uses the activities she normally does in session with individual clients to a broader group to give them the tools to succeed at the start of the year.*

**Get in fast, sessions capped at 15 people.**

