



Empowering young women for life

INTERACTIVE * PRACTICAL * ENGAGING



Growing up there are always topics or issues you want to know more about but don't necessarily want to ask your parents, teachers, friends or learn from a computer screen. At Leading Ladies we promote learning through social dialogue amongst our peers and young mentors who have a wealth of experience they want to impart to the next young female generation.

Amelia Thomas, Director



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BUILD CONFIDENCE
DEVELOP RESILIENCE
NURTURE INTEGRITY
GENERATE INDEPENDENCE

Girls learn to identify, analyse, respond and apply practical strategies to real-life scenarios

WHAT WE DO

Leading Ladies provides skills based programs in:

- } Modern manners
- } Communication
- } Presentation
- } Health and well-being
- } Goal setting
- } Job preparation
- } Money management
- } Self confidence



'WELL-BEING' THEORY

Leading Ladies programs utilise concepts according to 'Well-being' theory.

Why well-being programs should be taught in schools?

- } With significantly increased levels of depression amongst teenagers in recent years, students need to learn skills to cope with life. Well-being programs promote optimism by teaching students to think more realistically and flexibly about the problems they encounter. It teaches **assertiveness, creative brainstorming, decision-making, relaxation as core coping skills**
- } Greater well-being **enhances learning*** "positive mood produces broader attention, more creative thinking and more holistic thinking" Dr Martin Seligman

Evidenced based research proves well-being programs:

- } prevent depression and anxiety disorders amongst adolescents
- } reduces conduct problems such as aggression, delinquency
- } Improves health of teenagers
- } Improves social skills

* Flourish Dr Martin Seligman 2011

SKILLS GIRLS LEARN

- } communication skills
- } team work and decision making skills
- } innovative, creative and critical thinking in problem solving
- } self reflection and resilience
- } relationship and social skills
- } self confidence and self esteem
- } expand physical, emotional, social and spiritual aspects fo self
- } consider various contexts in relation to their own personal values and others



THE SUCCESS OF LEADING LADIES PROGRAMS 2011/12

From the workshops we have done...

- } 94% of students said they **learnt knowledge and skills** they could use in their life
- } 79% of students found the workshops an **engaging and enjoyable experience**
- } 89% of students **wanted to participate** in other Leading Ladies programs



COURSE OPTIONS

Leading Ladies is currently offering the following programs for Yr 7-12 students:

- } Discover your Best – Self Confidence
- } Style Legend – Image Management
- } Real Beauty – Health and Well-being
- } Take the Lead – Goal Setting
- } Serene Queen – Stress Management
- } Dream Job – Job Preparation
- } A Prosperous Purse – Money Management
- } Her Majesty Approved – Modern Social Etiquette
- } A Voice to be Heard – Communication Skills

FORMAT

- } Workshops facilitated by experienced educators
- } Programs may be selected individually or as part of a series
- } Tailored programs to suit school's needs – from small group workshops to lectures





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CONTACT US

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