



SURVIVAL GUIDE SERIES

Survival Guide: School Leavers

Prepare your graduating students for the journey ahead with this practical one hour workshop, which includes; effective goal setting, resilience, managing change and positive decision making. The informative workshop will educate students about what to expect during the transition from high school to the “big world”

Survival Guide: Job Seekers

Are your students prepared for the rollercoaster of seeking meaningful employment after completing year 12? This one hour workshop focuses on the challenges of seeking employment, the importance of self-confidence and how to overcome adversity.



SIX INGREDIENTS SERIES

Mindful recipes for an amazing life!

"6 INGREDIENTS" SERIES

- 6 Ingredients: Goal Setting
- 6 Ingredients: Positive Communication
- 6 Ingredients: Confidence
- 6 Ingredients: Effective Leadership
- 6 Ingredients: Managing Anxiety
- 6 Ingredients: Embracing Change

CONTACT US FOR GROUP PRICING!

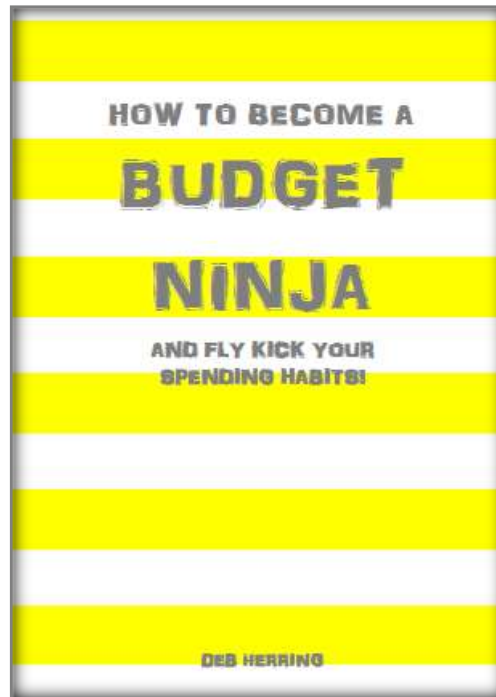
Custom workshops are also available on request.
Contact us for further information: info@yolocoach.com.au

ARE YOUR SENIOR STUDENTS FINANCIALLY LITERATE? THE BUDGET NINJA IS HERE TO HELP!

The Budget Ninja workshop is designed to enhance financial fitness and empower a generation of independent and savvy students as they prepare to transition into the “big world”. Your senior students will learn about effective money management techniques and practical decision making skills before leaving school. With increasing pressure to keep up with trends, young adults will be equipped with the tools and knowledge to build a financially independent future.

The 1 hour workshop can be delivered during school hours

CONTACT US FOR GROUP PRICING!
(for all year 11 and 12 students, including staff)



From the author of “How to Become a Budget Ninja and Fly Kick Your Spending Habits”

THE BUDGET NINJA JOURNEY INCLUDES;

Understanding the Psychology behind money management

Identifying spending habits and traps

Creating a realistic and sustainable budget

Being financially proactive

Fly kicking impulses and debts

Clever saving tips and hints!



TESTIMONIALS

95% of workshop participants have indicated that they will use elements of the BUDGET NINJA process to improve their financial future.

“I think it is going to change my life” ~ Meagan

“Informative, very helpful. Easy to understand” ~ Kathie

“It helped me in all parts (of budgeting)” ~ Jenny

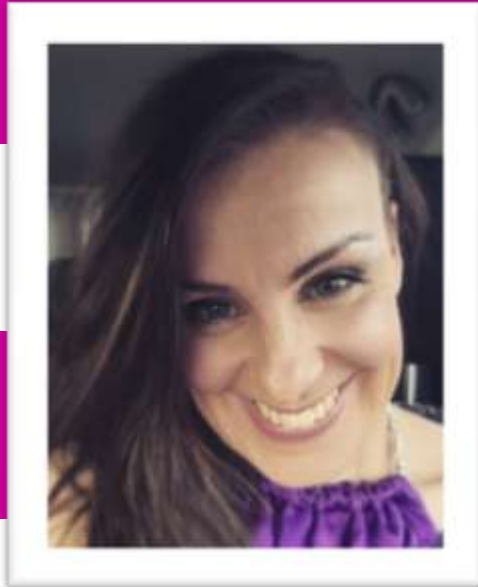
“Brilliant” ~ John

“Really learned a lot of things that I had not even considered...
Fantastic presentation” ~ Bob

“Great principles that work!” ~ Cynthea

“Very well presented. You are passionate about all of this and you showed it doesn’t have to be difficult.” ~ Graham

“I now don’t feel overwhelmed with moving forward with finances.”
~ Graham



ABOUT THE FACILITATOR:

**Bachelor of Behavioural Science
Certificate IV in Training and Assessment
Certificate III in Leadership and Training (Defence)
Certificate III in Fitness
Mental Health First Aid - Accreditation**

Deb is passionate about improving holistic wellbeing, which has inspired the creation of YOLO Coach and an extensive range of workshops and books, while also enjoying a busy life as a wife and mother.

With a background in Behavioural Science, Deb welcomes every opportunity to develop bespoke workshops that inspire positive relationships and personal success.

Please contact us with any specific requirements.

0413 805 322

www.yolocoach.com.au
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