

## Living YOU

### Group Life Coaching for Young Women

- Build vision & gain clarity around who you are & and the life you want to live.
- Be equipped with tools & resources to help you succeed.
- Discover your internal drivers & what motivates you.
- Increase self esteem & build confidence.
- Be Inspired
- Have fun!

t: 1300 249 262

### Young Women Love it - Parents do too!

A workshop aimed at increasing awareness for young women in the midst of the confusion of Year 12, and on the brink of adulthood. Designed to create a sense of vision and purpose within participants, along with the tools, resources, and confidence to bring it to life.

*"Got me really thinking about how I can live a more fulfilling life. It helped me identify my strengths and ways in which I self sabotage"*

*"It has given me the motivation to finish year 12"*

*"I was able to learn a lot more about myself, discovering my vision has ensured my future... Thank you"*

*It was useful to see where I could go, and how to get my positive thinking going"*

*"...everything was so inspiring"*

School Holiday Workshops &  
Tailored School Programs available

For more information, go to  
[www.integrabiz.com.au/YoungWomen](http://www.integrabiz.com.au/YoungWomen)

## Testimonials for "Living You" (The 'Live Your Exceptional Life' Program for Young Women)

Mitcham Girls High School Newsletter - No. 4, July 2006, Page 7

### Year 12 Reflection Day

On Monday 19 June 2006, our fabulous Year 12 girls took the opportunity to find inspiration and motivation and to look towards their future. Our Reflection Day took place at UniSA - City West Campus. It was really exciting for the girls to have to move between lecture theatres and see what university life looks like - not just the study, but the day to day workings of a campus with shops, a post office and cafeteria. The catered morning tea in The Atrium made us all feel a little pampered.

Our first session for the day was a talk by Suzie Conniff. You could have heard a pin drop for the duration of Suzie's presentation. She is a young woman who has overcome extraordinary obstacles to achieve personal and academic success. Suzie was so inspirational that we have asked her to return to speak to our girls next year.

Our second session was Life Coaching by Lisa Ormenyessy of Integrabiz. Lisa conducted a session called 'Live Your Exceptional Life!' She provided opportunities to reflect on ourselves and tools to help us overcome obstacles in the future. Her Life Coaching was challenging, exciting and good fun. She clearly made an impact on the girls as a significant number of them have requested individual Life Coaching sessions and small group sessions. We are currently organising for this to happen.

The girls went off into the city for lunch and then met at various locations around Adelaide for a final session designed to link learning with wellbeing. Some girls went to the Art Gallery while others went to the Zoo or had a picnic and a walk. The day has reinvigorated the girls in preparation for mid year exams and the final leg of their SACE journey. Armed with inspiration and some useful tools, we know the girls will continue to aim high, achieve success in their SACE and work towards living their 'Exceptional Life'.

**Susi Beinke - Counsellor**

## **From the Students...**

*"I enjoyed it and learnt more about myself"*

*"It was great – I loved it. It taught me that my problems are not the worst problems in the world. It showed me that I should never give up – always continue going on"*

*"I had a lot of fun – thank you. I learnt to enjoy life and even though you have problems you can get through them"*

*"It was useful to see where I could go, and how to get the Positive thinking going"*

*"It was good, involvement was excellent and not boring"*

*"Showed me a new pathway"*

*"It was really good, coz it made me think what life means, my strengths & weaknesses & tolerations. It was real good fun! Thanks"*

*"It was an interesting look at where I am at"*

*"It was an eye opener"*

*"It was all good – everything was so inspiring"*

*"It has made me think differently, and has given me things to take away"*

*"I got to be honest with myself. It gave me the opportunity to really spend time looking within"*

*"Made me understand the importance of feeling good about myself"*

*"Made me see what my values really are and identify better with others"*

*"That life is what you make it... I really enjoyed the day and it made me appreciate and value what I have. I now have the ability to make life how I want it!"*

*"Opened my eyes and encouraged me"*

*"I learnt that failure isn't the end"*

*"It has given me the motivation to finish year 12"*

*"I was able to learn a lot more about myself, discovering my vision ensured my future... Thank you"*

*"It meant a great deal and has been a positive awakening"*

*"I liked finding out strengths I didn't know I had"*

*"The session was great, I learnt that even though life sucks I know I have ways to deal with it"*

*"It was awesome"*

*"Even though school is never especially important to me, this particular session I found extremely valuable by way of presenting and discovering my own personal values. Thanks"*

*"It was good – got me really thinking about how I can live a more fulfilling life. It helped me identify my strengths and ways in which I self sabotage"*

*"I am not the kind of person who reflects on themselves so this helps thanks"*

*"I learnt not to trust luck, and I am responsible to make my life happen how I want it to go"*