



LIFE SKILLS

Free Workshops
For Young People

**Unley Oval Community Hub,
25 Trimmer Terrace, Unley**

**Registration Essential, visit
www.unley.sa.gov.au/youth
by 13 April 2025, 5pm.**

Some snacks provided.

Ages 18-25
**LEADERSHIP &
MENTORING SKILLS**

**Tuesday 15 April
4:30PM – 6:30PM**

This workshop will focus on leadership and mentor development. It will empower youth to build connection and rapport, whilst also elevating their leadership and mentoring skills.

Ages 15-17
**SELF – LEADERSHIP
DEVELOPMENT**

**Wednesday 16 April
1:00PM – 3:00PM**

This workshop will centre around leadership, including youth learning how to lead themselves. Identifying personal strengths and school-life balance.

Ages 12-14
**INTRODUCTION TO
LIFECHANGER'S FIVE PILLARS**

**Wednesday 16 April
10:00AM – 12:00PM**

This workshop will centre on the theme of connection. Participants experience a fun and interactive introduction to LifeChanger, while exploring each of the Five Pillars of Health, Skills, Self, Purpose and Tribe.

