

JTLeadLikeAGirl

program

Why It Works?

Our program is inspired by Johnathan's life story and the steps he took to turn his life around. JT's ability to connect with young people and his emphasis on the role of confidence, courage and self-belief in his success is hugely motivational. It's a story that resonates with many of our participants, inspiring them to strive for their personal best.

Workshop Content Includes

- 10-week program, during a school term
- Each session is 1hr in duration
- Same time allocation each week
- Interactive and engaging
- Short and long term goal setting
- Active class participation
- Building resilience
- Intervention: Online pressure and resilience
- All sessions relate to Confidence, Courage and Self-Belief
- Each program is tailored to each school's community needs.

Testimonial

"With courage she was able to acknowledge today her self-esteem is really low, and she would like to build on that..." Kelso High School support office Lee McMurtrie share a first week highlight of JTLeadLikeAGirl program



"More often than not our programs change the direction of young people's lives."

Johnathan Thurston

