

# 2024



## 21<sup>st</sup> CENTURY LIFESKILLS

**Amanda Fleming**

This two-day programme is designed to give teens essential LifeSkills to overcome common challenges and more readily achieve their goals.

-  Phone Number  
+64 21 35 77 53
-  E-mail Address  
flyon.aj@xtra.co.nz
-  Course location  
120 Thames St, Oamaru 9400
-  Book Online  
[amandafleming.co.nz/21stc-register](http://amandafleming.co.nz/21stc-register)

### WHAT GRADUATES SAY

*"An incredible, empowering experience! So grateful, thank you!"*

*"I loved it! Would recommend! I feel so much more confident and open, plus I met new people"*

*"This was an amazing course and [I] would recommend it to anyone."*

*"Definitely a valuable experience for young people, I enjoyed it greatly and hope that more people can."*

LIVE YOUR BEST LIFE →

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# MEET YOUR FACILITATORS



## Amanda Fleming

Amanda Fleming has worked with people at all stages of personal development for more than 30 years.

She is a sought after transformational facilitator with a proven track record. Grounded and immediately applicable learning is the hallmark of her work.



## Ailsa Hayes

Ailsa is a qualified teacher who has worked with people in a variety of roles including St John Youth. She runs an Engineering business with her husband and is a Mum of two school aged children. Ailsa relishes the opportunity to work with youth, supporting them to reach their potential.



### Introduction:

## 21<sup>ST</sup> CENTURY LIFESKILLS

Today's teens are growing up in a world that's changing faster than ever before and the pace of change is only going to increase.

That means, as a young person, you need to figure out who you are, what you want from life, and how you can go out and get it, faster and under more pressure than ever before.

That's why Amanda has designed this 21st Century LifeSkills programme specifically for teens like you.

It draws on decades of research and transformational practice that's helped people of all kinds build improved self-confidence, capability and resilience.

Supported by a team of trained volunteers, Amanda will ensure a safe, supported learning environment that meets every teen where you are at.

It's not about predetermining what's best for you, it's about helping you to discover and practice the use of leading tools that will continue to deliver positive outcomes over your lifetime.



Essential LifeSkills




# WHAT YOU CAN EXPECT

This dynamic and immersive programme is designed to cultivate essential LifeSkills including;

- Ways to get clarity about who you really are
- Ways to get clarity about what you want to achieve / focus on
- Ways to effectively say what you mean
- Ways to manage stress & anxieties
- Ways to ask more effective questions to make more progress, faster
- Ways to get along with all sorts of different people / relationships

Amanda's work meets participants where they are and is a process of self-discovery in a safe, supported and fun environment.

You will gain self-confidence, discover your unique strengths and learn a whole bunch of useful tools and techniques to help you in life.

- **Knowledge**  \_\_\_\_\_
- **Confidence**  \_\_\_\_\_
- **Empowerment**  \_\_\_\_\_



## Sponsors

# PROUDLY SPONSORED BY



## Willow Park Trust



...and... You? Please contact Amanda to help us make this workshop happen!  
 flyon.aj@xtra.co.nz or call  
 021 357753

## Purpose

# BENEFITS FOR TEENS



To gain the knowledge, skills and understanding to develop the core LifeSkills that support your vision, values and personal mission.

Participants can expect to develop significantly in the following areas:

- Understanding yourself & others
- Gaining a sense of what you want to achieve
- Improved communication & rapport building
- Improved stress management & perspective-making
- Increased emotional intelligence
- How to motivate yourself
- How to work in teams
- How to influence and instigate change
- Confidence in all aspects of life

## Supportive Environment

# SUPPORT



The two-day programme provides an opportunity to explore, develop and deepen existing skills as well as explore your potential.

Fun, activity based learning embraces all learning styles and helps cement new skills development.

Participants work at your own pace with peer to peer support and your Base Camp support team (trained adult facilitators).

## Curriculum

# CALENDAR OF LEARNING



### Personal Growth Framework

- The foundation of the workshop is a simple but powerful framework to help you understand yourself better and grow your confidence.

### Communication Skills & Emotional Intelligence

- Interactive workshops on communication, leadership, problem-solving and emotional self-regulation to enhance your ability to navigate challenges and achieve success.

### Managing Stress & Anxieties

- Empowering you with understanding about negative emotions and how you can help yourself make best decisions.

### Relating to People

- Throughout you will have opportunities to work in small groups, including with your own Base Camp (core crew).

All sessions run from 9am to 4pm.



## Every School Holiday!

# PRICING



**\$195** + GST

There will be one 21st Century LifeSkills weekend event in every school holiday break during the 2024 school year.

Maximum 18 participants per weekend workshop.

Register now to secure your place:  
[amandafleming.co.nz/21stc-register](http://amandafleming.co.nz/21stc-register)

Course fees can be paid by instalment and scholarships may be available for teens without means; go ahead and register and we will be in touch regarding a scholarship.

**NOTE: If you would like to sponsor a teen individually or help us run the programme with a business sponsorship please email Amanda at [flyon.aj@xtra.co.nz](mailto:flyon.aj@xtra.co.nz) to request a sponsor proposal pack. This workshop cannot happen without the generosity of our community.**

## THE BUSINESS HIVE | OAMARU





The Business Hive is an award-winning facility in Oamaru's CBD.


A full range of nearby accommodation options are available for anyone travelling from out of town, with plenty of local activities for non-participant family to enjoy.

Contact us for local recommendations:  
[hello@thebusinesshive.co.nz](mailto:hello@thebusinesshive.co.nz)

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