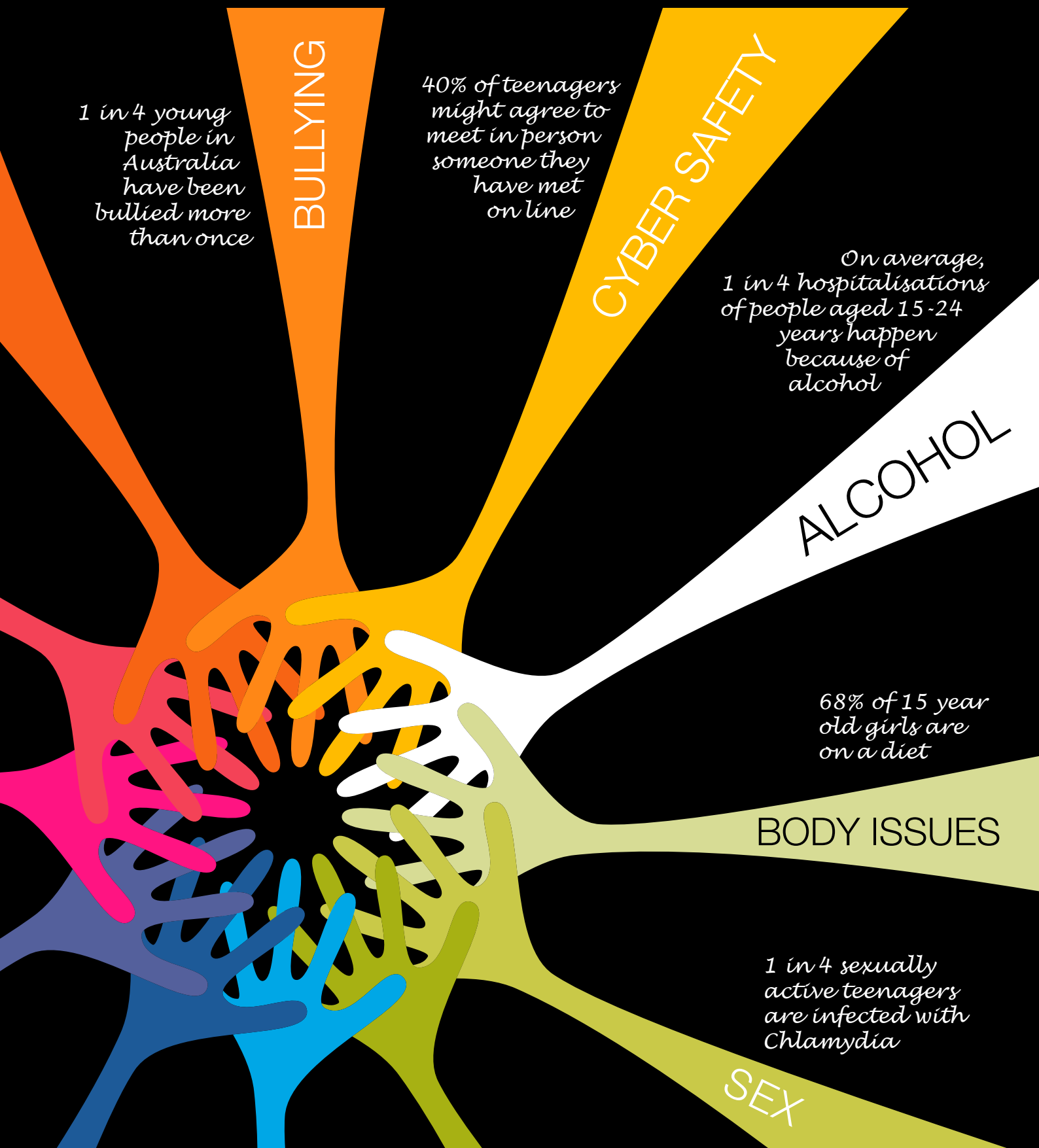


Life Lessons - Educational Programs



Empower Informed Decisions

Life Lessons Educational Workshops

Workshops are tailor-made to suit the specific needs of each school, community, parent group and corporate environment.

Topics



Cyber Bullying /
Cyber Safety



Encouraging
Responsibility around
Alcohol and Parties

Peer Relationships/
Bullying



Body Image, Self Esteem
and Eating Disorders

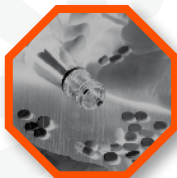


Sexual Health



Dealing with HSC Stress
and Stress management

Drugs &
Alcohol



Crossroads
Program



Resilience
Building



Parenting
Workshops

Preparation for
'Schoolies'





LifeLessons
EDUCATIONAL PROGRAMS

engaging

fun

What we offer

- Educational programs for Upper Primary Schools, High Schools, Communities, Youth Organisations and Businesses
- Engaging and interactive programs on important issues that young people face in our modern society
- Programs that aim to empower students to make informed decisions
- Workshops are designed to promote emotional wellbeing of young people and to develop skills for coping with adversity
- Programs that complement the school curriculum, the PDHPE syllabus and the crossroad programs
- Tailor-made workshops to suit specific needs of each school, community etc.
- Harm minimisation and holistic approach
- A detailed report after each workshop based on students' evaluation

tailor-made

empower

holistic

workshops

specialised

About Life Lessons

Gitta Johnston is an experienced Social Worker who has worked with at risk youth in welfare (e.g. Drop in Centres), hospital (Psychiatric hospital for young people) and education systems (running educational programs).

Since 2010 Gitta has designed, conducted and coordinated educational programs for numerous organisations to improve young people's health and wellbeing and provide students with necessary life skills.



Gitta has over 20 years experience dealing with youth issues. She is passionate about the education and welfare of young people and the challenges they face in today's society.

As a parent of four children, she has empathy and understanding of what it means to be a parent.

Our Educators

Our educators have undergone specific training to provide students and parents with up-to-date workshops. They have degrees in relevant disciplines such as Education, Psychology, Social Work and Community Welfare.

Our educators meet all the required criteria for working with children and have been selected for their appropriate qualifications, knowledge, presentation skills, group experience and ability to engage and connect with young people.

we have over

20 years
experience
dealing with
youth issues

engage . . .

educate . . .

empower . . .

Life Lessons



LifeLessons
EDUCATIONAL PROGRAMS

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