

# PERSONAL DEVELOPMENT COACHING & MENTORING

YOUTH PROGRAMS



“

*Jo is a great teacher. She motivates me to work towards being a better guitarist and have fun in the process. She is patient and encouraging while I take my time working it all out!*

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**PROGRAMS:** MUSIC MENTORSHIP PROGRAM  
CREATE YOUR LIFE PROGRAM

**CATEGORY:** Youth Programs - Student Mentoring & Youth Development

**LOCATION:** Online, Rural, Regional and Metropolitan locations in Victoria

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**Create Your Life Academy** offer Personal Development Coaching & Mentoring Programs for young people to help encourage physical, social and emotional health. Our programs are designed to enrich and add value to their existing education, with extra tools and strategies to support personal and professional development.

These programs exist to empower young people to live their ideal life by stepping into their full potential. This includes addressing issues such as low self-esteem, anxiety, and social exclusion - which aligns with our mission to help optimise Mental Wellbeing in the world and contribute to lowering the statistics for Mental Illness.

We guide young people in bridging the gap from where they are to where they envision themselves being and can assist them in finding clarity around their vision. Our focus is to empower young people to “*become the person that would inspire them most*”. We help them expand their capacity to lay the foundations in creating their ideal future. In doing so, they can be prepared in pursuing opportunities in line with their vision and goals.



## DELIVERY / APPROACH

Individual / Small Group Tailored Music Coaching & Mentoring  
 Individual / Small Group Music or Songwriting Tuition  
 Individual / Small Group Coaching & Mentoring  
 Vision Board & Goal Setting Workshops



## OUTCOMES

- ✓ Optimise physical, social and emotional wellbeing
- ✓ Engage young people through innovative programs
- ✓ Support capacity of young people to engage with the broader community
- ✓ Enhance resilience and foster change
- ✓ Develop skills in goal-setting, communication, collaboration and leadership



## MUSIC MENTORSHIP PROGRAM

This program pairs students with an experienced mentor with a background in music and coaching in order to learn a new skill, explore and work towards building a professional career in music, build confidence and engagement. This program is delivered weekly in ½ hour or 1 hour blocks, tailored to each young person. Individuals who choose to learn an instrument will learn songs on guitar or write and develop their own music.

Those who choose music mentorship for personal / professional development will have a tailored program that works towards their goals. The undercurrent of this program is to improve the physical, social and emotional wellbeing of young people. Music can be used to encourage collaboration, teamwork, communication, emotional and social intelligence. Music has been scientifically proven to reduce stress, improve brain health, elevate mood and strengthen learning and memory.



## CREATE YOUR LIFE PROGRAM

Individually tailored fun, collaborative and interactive sessions with mentor that are focussed on individual coaching. These sessions empower youth to be part of their own self-development process and help create the steps for building a dream future.

We work with schools and organisations to value add onto existing methods to further support individual students in reaching their goals. Learning valuable life skills can set students up to be productive, happy and motivated individuals. We help students to develop their skills and help keep them on track to be inspired leaders of their own lives.

*Mentors build strong bonds when working with young people to set short and long-term goals, build resilience and encourage connection.*