



LifeChanger Foundation

Awaken The Hero Within

A pathway to positive self-identity

Remember when you were a teenager. How did you feel? Did you face challenges? Did you have a tribe of family, mentors and peers around you to help you along the way?





Teenagers are feeling...

Isolated

Disconnected

Anxious

Too many teenagers are living diminished lives.

Many are feeling “not good enough” or “not worthy.”

This is leading to profound levels of low self-esteem. These feelings are being reflected in the current statistics of this generation.

Did you know...

50% of teenagers have faced **cyberbullying**

1 in 4 teenagers experience **mental health issues**

1 in 4 5-17 yr olds are battling **obesity**

1 in 4 students do not finish **high school education**

1 teenager in every classroom has a **gambling addiction**

1 in 6 12-17 yr olds had deliberately **sniffed inhalants**

x2 alcohol abuse in 12-17 yr olds has doubled in the last 20 years

50% mental health issues appear before 14 yrs of age

youth suicide is the **highest** it's been in 10 years

youth suicide is the **biggest killer** of young Australians

No teenager should feel like this.

Without a strong foundation every child is at risk of becoming one of these statistics.

LifeChanger's vision

is to build more resilient teenagers by...

Empowering teenagers through positive self-identity

Identifying and developing inspiring community mentors

Supporting, sustainable, connected communities



“Our youth already have what it takes, they just need a hand to see it and a **pathway** to get there.”

— Scott Watters

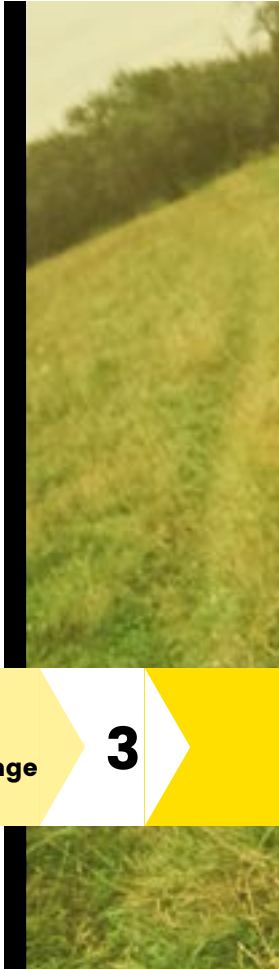
CEO | FOUNDER

LifeChanger’s pathway is to develop and build positive self-identity within teenagers.

Five Pillar philosophy

LifeChanger community programs rest on our core Five Pillar philosophy for positive self-identity development, and the underpinning themes of connection, empowerment and compassion.

Our program unites and builds sustainable, safe and resilient communities through a combination of face-to-face Mentor Development Workshops, our Awaken the Hero workshops for teens (11-15yrs) and a supportive, digital interaction.

1**Information Night****2****Mentor Workshops****#1 Connection****#2 Pathway****#3 Challenge****3**



**Teen
Workshops**

**#1
Activation**

**#2
Health**

**#3
Skills**

**#4
Self**

**#5
Purpose**

Tribe Event

It takes a village to raise a child

Creating that village starts with our Mentor Program. Across a series of three workshops, aspiring mentors learn about building rapport (Connections), supporting a teens pathway (Pathways) and situational challenges (Challenges).

Communities have a significant role to play in re-framing societal values to create an environment where teenagers trust their community network, understand the pathway to their best life, and are then supported to live it.

LifeChangers Foundation's Awaken the Hero program for teens (11-15yrs) is delivered across a series of five workshops, culminating in a celebratory Tribe event.

LifeChanger's core Five Pillar philosophy for building a positive self-identity includes creating awareness of their Health, Skills, Self, Purpose and Tribe through interactive learning activities, self-reflection and expression, and emotional language and communication skills development.



Health

mental/physical
health



Skills

goal setting
problem solving
resilience
gratitude



Self

values and beliefs
strengths
self-awareness



Purpose

your passions
your purpose
your pathway



Tribe

an event
connecting family,
friends, mentors,
community



LifeChanger programs are pre-emptive, holistic, sustainable and inspiring.

Our programs provide a framework to empower communities to support teenagers.

Building strong foundations should start early. LifeChangers **pre-emptive** approach prepares teenagers to be resilient in the face of life's challenges.

Our programs create **sustainability** by identifying and developing community mentors and facilitators who can support the community for years to come.

LifeChanger's 5 Pillar Philosophy is a **holistic** developmental pathway, focusing on health and well-being, a sense of self, life skills, an individual's passions, their purpose and pathway and the community support of a 'tribe.'

Inspiring LifeChanger ambassadors share their experiences, challenges and successes. Powerful, real, connecting conversations, that enable teenagers to feel a sense of belonging and understanding.

What are participants, mentors and community leaders saying about LifeChanger programs?

“ It feels awesome to be clear on who I really am.

— 13 year old boy
Mt GAMBIER, SA

I have never seen these kids so engaged.

— English Teacher
HOBART, TAS

I know I can do anything I want to with my life. I am in control. ”

— 12 year old girl
MARYBOROUGH, VIC

“ LifeChanger can give us the framework to become much more than a surf club for these kids. We can change their lives in the most fundamental way.

— Head Coach
MORNINGTON, VIC

This session was exactly what he needed. He is still talking about it a week later.

”

— Mother of a paraplegic teenager
MELBOURNE, VIC



LifeChanger...

...activates communities to support their teens

...develops self-identity in teens

...develops skills for community mentors

...connects teens and mentors

...connects teens with our ambassadors



Become a LifeChanger today...



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