

GROW TO ACHIEVE

Growing up is full of challenges, contradictions and pressures. It has always been this way, but these days, everything seems to be on a much larger scale.

The entertainment industry fills our minds with who we should aspire to be and what we should be doing with our lives. Advertisers tell us what to wear, how to look and what music to listen to.

Career choices are no longer simple. Traditional industries are disappearing, while new ones arrive demanding new skills. One third of today's students will hold positions and careers in roles and industries that currently don't exist while living in a volatile, uncertain and complex environment.

Key skills such as critical thinking, self-awareness, self-motivation, determination and the ability to look beyond your own point of view are some of the skills needed for future life and work. For youth, making the transition from adolescent to adult can be a confusing and frightening time.

Grow To Achieve Program is unique as it educates our youth to learn that they are in control of the way they think and can use that power to change the way they live their lives within a positive coaching relationship that focuses on the whole individual (person). It is a dynamic program that helps youth see that the beliefs they hold about themselves, as learners and individuals, has a profound effect on how much of their potential they will eventually realise.

By raising self-esteem and levels of personal success, participants will increase their goal setting and problem solving, manage their own behaviour and adopt values that support better relationships and adopt a more positive future focus.





GOAL - REALITY
OPPORTUNITY - WAY FORWARD

ACCOUNTABLE – ADAPTABLE - AGILE
INDEPENDENT – SELF-DIRECTED

12. Motivating Myself
11. Taking Charge of My Life
10. Ready to Create My Future
9. The Importance of Setting My Own Goals

8. Stretching My Comfort Zones
7. I'm Worth It
6. How My Beliefs Are Formed
5. Changing My Attitudes and Beliefs

4. Opening Up the Powerhouse
3. How My Mind Works
2. Who Do I Listen To?
1. My Mind Is Made Up

Grow To Achieve uses a simple yet powerful framework for structuring sessions for goal setting and problem solving.

Grow To Achieve has partnered with The Pacific Institute who has developed programs built on the best academic research from the field of cognitive psychology. A Pacific Institute program has been incorporated into the Grow To Achieve activity days.

Grow To Achieve is a life-changing experience which will provide a springboard to a successful future for youth and young adults. For more information, please initially contact the Program Manager: growtoachieve@centralcoastmentoringnetwork.org.au



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