


- INTRODUCING -

LOUDER

SEMINARS

"Seminars for Grade 5 to 12, that empower students to hear the hope and purpose-full voice louder than any other voice in their world"





**“ The loudest
voice in your
world is the
thoughts you
think ”**

ABOUT LOUDER SEMINARS

Louder Seminars' key focus is to empower students to hear the message of hope and purpose louder than every other voice in their world. We understand that there are a thousand voices competing for their attention every single day. Through our seminars we aim to train students to examine and develop more positive thinking patterns, because we believe that despite the fact that there are a thousand voices competing for their attention, their thoughts are the loudest!

Jodie Christinat, founder and keynote speaker for Louder Seminars, is a dynamic communicator with the ability to connect straight to the heart of every person she speaks to.

Jodie has worked with teenagers for the past fifteen years and is passionate about sharing a message with them that impacts and encourages them to stand strong and live life well. She still remembers that awkward phase of teenage life and during her time working with youth has gained a great deal of insight into the 'teenage world', giving her the authority and ability to speak with confidence to a room full of them!

Jodie and her team are adept at engaging crowds of all sizes and people of all ages, their aim is to speak to a crowd of five with the same passion as a crowd of a thousand!

The goal of Louder Seminars is to inspire and empower a generation, giving them practical keys to help them navigate the tough times of life, coming out stronger and more resilient with greater skills, abilities and tenacity to live a good life. The seminars are relevant and practical, give students' food for thought and empower them to action both during and after the session.

We are confident that your students will love Louder Seminars, we encourage you to book or make an enquiry today!

SEMINAR FORMAT

The standout feature of Louder seminars is that they are written with the flexibility to be adapted to any age group (minimum Year 5) and to either a one-hour seminar, or a half-day workshop. Regardless of whether you would like your Year 6's to hear these topics or your Year 12's or everyone all at once, our presenters will present material that is relevant to the age of the students and in the time frame that you choose. All of the seminars are flexible so please contact us to chat about your needs, and we will aim to work in with what suits you best.

1. THE ONE-HOUR SEMINAR

One-hour seminars can be presented to any size group and any age group. The seminars are full of quotes, media and helpful information that will inspire, challenge and encourage your students. You will also be provided with discussion-based material that can then be worked through in care groups or class time if you so choose.

An add-on option to the one-hour seminar is that Jodie then continues to conduct workshops with various year levels; giving students the opportunity to ask questions and interact with one another around the topic addressed.

2. THE HALF-DAY WORKSHOP

The half-day workshop can be presented to a maximum of 50 students and it generally works best if these students are around a similar age/year level. This workshop is highly interactive and includes breakout groups for discussion and action. The half-day workshop schedule includes two sessions, breakout groups and a short break in the middle, we are happy to work within your schedule.

SEMINAR TOPICS:

1. CHOOSE LIFE - your choices determine your destiny!
2. DEAL WITH IT - standing strong in sinking sand
3. YOU'RE WORTH IT - where to look in a look obsessed world
4. DID YOU SAY SOMETHING? - communicating in a social media savvy world
5. DIFFERENT AND DANGEROUS - for girls only: having a bold mind, brave spirit and beautiful heart
6. PARENTS AND THE WORLD OF TEENAGERS - parenting in the digital age
7. A NIGHT OF CONVERSATION - facilitating the conversation between parents and their teens
8. SHIFT PROGRAM- a brand new eight week program that you as a school can purchase and facilitate



CHOOSE LIFE

CHOICE IS THE ONLY TOOL WE HAVE THAT ENABLES US TO GO FROM WHO WE ARE TODAY TO WHO WE WANT TO BE TOMORROW. – SHEENA IYENGAR –

Your choices determine your destiny! This seminar is all about choices and the impact that they have on our future, Jodie helps students to understand that they can't always choose what happens to them in life but they can choose how they respond, and that their response determines the outcome. Resilience is discussed and the importance and implication of each decision that students make.

SEMINAR SUITS: Year 5 through to Year 12

SEMINAR FORMAT: One-hour (add-on workshops available) or Half-day Workshop

Ideas covered:

- Our need to make decisions
- Processes for decision-making and the implications of decisions
- Evaluating our decisions
- Bad choices and consequences
- Good choices and positive results
- Resilience through the difficult circumstances of life
- How our choices affect others
- Choosing what your future looks like; friendships, lifestyle, discipline in study
- Choices regarding our pattern of thinking
- Training the inner voice to be louder than any other

(FITS WITH NSW PDHPE AND AUSTRALIAN CURRICULUM ON TEACHING STUDENTS SKILLS IN 'DECISION MAKING')



DEAL WITH IT

HAPPINESS IS NOT THE ABSENCE OF PROBLEMS, IT'S THE ABILITY TO DEAL WITH THEM. – STEVE MARABOLI–

Standing strong in sinking sand. This seminar addresses life and it's difficulties and helps students to identify the difference between hard circumstances or stress, and more serious issues such as depression and anxiety. Students will learn what some key indicators are of serious mental health issues, how to take their thoughts captive and re-train their brain. They'll also learn what signs to look for in themselves and their friends and a simple process to help their friends who are struggling. This seminar will empower your students to bring hope to others and also to build resilience in their own life.


SEMINAR SUITS: Year 5 through to Year 12

SEMINAR FORMAT: One-hour (add-on workshops available) or Half-day Workshop

Ideas covered:

- Developing the ability to manage challenging circumstances
- The influence of emotional responses on behaviour and relationships
- The power of our thoughts
- Physical, mental and emotional health
- Stress vs sickness
- Keys to identify what's really going on, problem solving tips
- Resilience through the tough times
- SALT method to help others
- Encouragement to care for and take an interest in others
- Resources that can help moving forward

(TOUCHES ON NSW PDHPE CURRICULUM STRAND 1, 3 AND 4, AS WELL AS ACPPS072, ACPPS093, ACPPS074, ACPPS094)



DID YOU SAY SOMETHING

THE MORE ELABORATE OUR MEANS OF COMMUNICATION, THE LESS WE COMMUNICATE.

– JOSEPH PRIESTLY –

Communicating in a social media savvy world. In a society where 95% of all teens aged 12-17 are online it is vital to give them tips and strategies to navigate the online world well[1]. This generation are connected 24/7 yet are often poor communicators. In this seminar we addresses the power of social media but also teach students to beware of the traps, we also cover the importance of real friendships, not just those online and the truth that you are worth more than the amount of likes you get, along with the fact that pictures say a thousand words, challenging students about what their pictures say about them. This seminar is a must for every age group!

SEMINAR SUITS: Year 5 through to Year 12

SEMINAR FORMAT: One-hour (add-on workshops available) or Half-day Workshop

Ideas covered:

- Communicating and interacting for health and wellbeing
- The power of communication and relationship
- Your relationships build your world
- Communicating in this generation
- Text message protocol
- Having a real conversation
- Building friendships that last
- Communicating via pictures
- Value and worth vs your social media presence
- Social media protocol

(TOUCHES ON NSW PDHPE SKILL 'COMMUNICATION' AS WELL AS ACPPS094, ACPPS089, ACPPS074, ACPPS075, ACPPS057, ACPPS053)

CONTACT US TODAY FOR A QUOTE AND AVAILABLE DATES | LOUDERSEMINARS.COM.AU



YOU'RE WORTH IT

I'M NOT TELLING YOU IT'S GOING TO BE EASY, BUT I AM TELLING YOU IT'S GOING TO BE WORTH IT.

– ART WILLIAMS –

Where to look in a look obsessed world! You're worth it delves into the value and worth of each person and gives keys to surviving in this self-focused generation. Jodie speaks to the students at their level, is entertaining and practical, discussing social media and how to make it work in their favour, not against them. This seminar is highly relevant to this current generation and gives them powerful tools to help find their unique value and worth, which then impacts and increases fulfilment in every other area of their lives.

SEMINAR SUITS: Year 5 through to Year 12

SEMINAR FORMAT: One-hour (add-on workshops available) or Half-day Workshop

Ideas covered:

- Social media highs and lows
- Practical ideas to surviving in this social media generation
- The influence of others in our world
- Helping others and adding to our community
- Keys to increasing our self worth
- Dreaming big and goal setting
- Finding purpose and hope for your life
- Happiness vs Meaning

(TOUCHES ON (BUT NOT LIMITED TO) NSW PDHPE CURRICULUM STRAND 1 AND 3 AS WELL AS ACPPS056, ACPPS057, ACPPS074, ACPPS089, ACPPS093)

CONTACT US TODAY FOR A QUOTE AND AVAILABLE DATES | [LOUDERSEMINARS.COM.AU](https://louderseminars.com.au)



DIFFERENT AND DANGEROUS

A Seminar for Girls

SEMINAR SUITS: Year 5 through to Year 12 - Girls only (topics are adjusted according to the age of the audience)

SEMINAR FORMAT: 1.5 hour Seminar (interactive workshop style)

RATIONALE:

In this seminar we challenge the status quo (the mess our society is in) when it comes to living life as a girl. The media and our world in general have a lot to answer for when it comes to how they portray and treat women. Unfortunately we have a generation of young girls growing up with low self-esteem and completely insecure. They are battling eating disorders and mental illnesses, competing with each other to 'get ahead' and allowing others to treat them as far less than their true worth deserves with domestic violence and suicide being two of the biggest issues of our generation.

This seminar looks at three keys:

- **Being BOLD** - having a fierce mind to tackle the challenges that come our way and to unearth the goodness within.
- **Being BRAVE** - having a brave spirit to really rise and be who you are and not accept what others term as 'normal'.
- **Being BEAUTIFUL** - having a kind heart, discovering true humility, confidence and strength and learning how to treat others.

We give practical advice and strategies and delve into relevant topics such as social media use and comparison, our thought life and how it affects us, what we're listening to as well as saying about others and ourselves, decision making and taking the pressure off. We touch on issues such as body image and eating disorders, domestic violence and boundaries in relationships, stress, mental illness and suicide. We aim to equip these girls with a greater capacity to deal with the issues of life, and help them realise that they are a secret weapon – if they truly understood their power and beauty they could change the world they live in!



PARENTS AND THE WORLD OF TEENAGERS

This seminar is for parents and those working with young people who want to learn how on earth to communicate with their teens and navigate the world of social media, hormones and life with this 'new human'! Jodie has been working with young people for over 15 years and brings some fresh perspective, an "even playing field" and a whole lot of encouragement to empower you to wholeheartedly believe that you can have a GREAT relationship with your teenager and parent them well in this digital generation!

SEMINAR SUITS: Parents and those working with young people

SEMINAR FORMAT: One hour minimum plus a Q&A time

Just a few of the areas covered are:

- Boundaries
- Social Media
- Communication
- Keys to a healthy relationship
- Expectations
- Time for Q&A + handouts with some valuable resources

“It was fascinating to discover some of the ways my teen thinks about things through simple conversation”

PARENT, SYDNEY NSW

A NIGHT OF CONVERSATION

The art of conversation is the art of hearing as well as of being heard. – WILLIAM HAZLITT –

SEMINAR SUITS: Parents and their teens

SEMINAR FORMAT: Evening presentation, 1.5-2 hours around tables or in groups to encourage conversation

The 'Night of Conversation' can really be about whatever you as a school feel are two or three issues that need to be targeted. We ask you to invite both parents/carers and their teens. The evening usually works best when kept to a smaller age range (i.e. Year 5-7 or 8-9 etc) but we can be flexible, or even do a few nights in a row so that we cover all age groups. We encourage you to either have tables that people can sit around, or chairs grouped together in semi-circles and to offer light refreshments, creating a great atmosphere that encourages discussion.

Our presenter will open the evening welcoming everyone along and explaining how the night will work. They will then give a brief, practical and fun introduction to each topic you've identified as a target area; relating well to both the adults and to the students, and after each presentation the groups will have questions to discuss together. The idea is to get conversations started both between the parent/carer and their child and also with the other families that they are sitting with. We aim to remove some of the awkwardness around these topics, help parents and students to learn a bit more about each other and then to continue talking at home! We have had great feedback with these nights, they are highly interactive and a lot of fun.



LENGTH OF PROGRAM

Eight-week program consisting of 8x 50-minute sessions, this can be adjusted slightly to fit with your lesson timetabling.

IDEAL FOR YEARS

7 – 12, ideally groups of no more than 50 students due to the nature of discussions and activities that form the program.

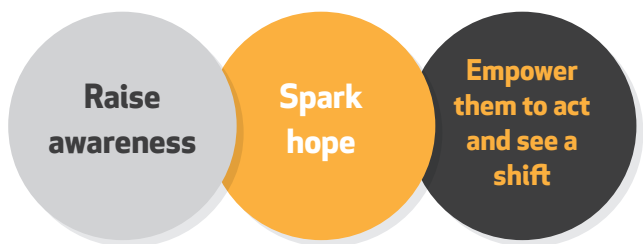
RATIONALE

The Shift Program looks at prevalent topics facing teenagers today, including; addiction, anxiety, stress, depression, suicide, purpose, friendship, reducing social isolation, hope and living others focussed. The aim of the sessions is to raise awareness about these important issues; talking through how we can be purveyors of hope, and then empowering the students to go and do something in their sphere of influence.

We realise that often students are incapable of creating change because they don't understand what they are doing or why they do what they do, they often lack the knowledge or skills to do something different. Through this program we want to help students create new habits, and teach them the new skills required to create change.

In the Mission Australia 2014 Youth Survey it was reported that 87.7% of students go to their friends for help in times of need¹, over and above going to parents, counsellors or helplines. We have identified the need to educate young people on how to help their friends, to encourage them that they can be a voice of hope in times of turmoil. In the Mission Australia 2015 Youth Survey, stress was the top concern of young people today², our program aims to help students deal with stress and to learn to talk about the things concerning them.

We are convinced that this generation not only wants to make a difference, but also **can** make a difference. The Shift Program is designed to help them do just this. Within each session we want to:



Each session includes self-care tips along with key points on how to help others, using a simple and repetitive method to get the message to stick!

We want to inspire these students to lead the way in their generation by being the change that they want to see, to help them believe that we can see a shift in the statistics that currently exist.

¹ www.missionaustralia.com.au/publications/research/young-people

² www.missionaustralia.com.au/what-we-do/research-evaluation/youth-survey



ENDORSEMENTS

We had the privilege of having Louder Seminars come to our school to facilitate the SHIFT Program with our High School students. The presenters had a special skill in communicating with teenagers and put these skills to great effect in a course that challenged the students to think through a range of important issues; including hope, resilience, friendship, emotional wellbeing and coping with change.

GEOFF FOURACRE, HEADMASTER NSW

Jodie has a great heart to see young people realise their potential and understand their unique value. More than that she has a wonderful ability to communicate so clearly and effectively to an audience that are often quite difficult to engage.

ALEEM ALI, PARENT AT GROVELY STATE SCHOOL, CEO OF HOPE EMPOWERED, QLD

Jodie is an engaging speaker who actively seeks to inspire and inform. Her content is relevant and her presentation style is warm. I would not hesitate in recommending Jodie as a presenter.

JENNY EXTON, HEAD OF SECONDARY NORTHERN BEACHES CHRISTIAN SCHOOL, NSW

I really enjoyed the Program because I got to know more about some of the girls in my grade I never really spoke to and made friends. Jodie was amazing and always had fun activities for us to do and get to know each other more. She was really open about everything and we felt comfortable enough to ask any questions we had. She helped me be more comfortable with who I am.

KARLA, YEAR 10, MITCHELTON STATE HIGH SCHOOL, QLD

Hey Jodie, I was there when you were speaking last Friday and I just wanted to say that it was really inspirational to me. I really just want to thank you for coming and speaking to us.

MONIQUE, YEAR 9, ADELAIDE SA

BOOK A SEMINAR

To enquire about or book a seminar, to ask a question or just to stay up to date with Louder Seminars, complete your details below and we will be in touch with you soon.

NAME OF SCHOOL:

ADDRESS OF SCHOOL:

PHONE NUMBER OF SCHOOL:

NAME OF PERSON BOOKING SEMINAR:

PHONE NUMBER OF PERSON BOOKING SEMINAR:

EMAIL ADDRESS OF PERSON BOOKING SEMINAR:

TOPIC OF SEMINAR REQUESTED:

- ☐ Choose Life ☐ Did you say something? ☐ You're worth it ☐ Deal with it
- ☐ Different and Dangerous ☐ Parent & the world of teenagers ☐ A Night of Conversation

LENGTH OF SEMINAR REQUESTED: ☐ one hour ☐ half day ☐ other (please specify below)

DATE REQUESTED FOR SEMINAR:

NAME OF PERSON RESPONSIBLE FOR ACCOUNTS:

PHONE NUMBER OF PERSON RESPONSIBLE FOR ACCOUNTS:

EMAIL ADDRESS OF PERSON RESPONSIBLE FOR ACCOUNTS:

ADDITIONAL INFORMATION: