

This concept is aimed at anyone with an interest in the future of tomorrow's youth culture. Youth related issues confront us at all levels of the community including the government and corporate sector. This concept, applicable in any part of the world, aims to empower young people to be part of their own solution. The leaders of tomorrow...

For more information

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skool project

The Concept

- Unique concept that has never been attempted in this format before
- Leadership program for elite athletes and performing arts students at senior school age
- Workshops will be focused on 'lifeskills' to help prepare for careers as elite performers with a high likelihood of becoming professional athletes or performing artists
- Selected students will be chosen on the basis of being the 'best of the best' in their field

Content will focus on:

- Curriculum that will assist in the creation of good role modelling behaviour
- Key topics that aim to cover 'high risk' areas in the lives of these elite performers
- Topics that reinforce the value of 'life balance' and responsibility to the community
- Topics that help to prepare these students for life as an elite performer with all the pressures and expectations that come with it
- Fun, entertaining content - perfect for school holidays



Libby Trickett

Patron of Skool Project

ELITE ATHLETE FRIENDLY UNIVERSITY NETWORK

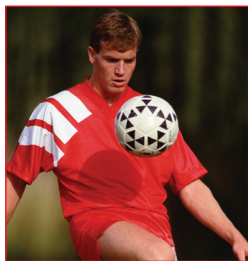


STATE INSTITUTES
AND ACADEMIES
OF SPORT



PARTICIPATING
PROFESSIONAL PLAYERS'
ASSOCIATIONS

Whats in it for you?



Key Content

Your Personal Brand

- Why is your 'brand' important to you as an athlete/artist?
- What are the implications of a damaged brand?
- How do you cultivate a strong brand and protect your reputation?
- Understanding the role of the media
- Role-plays and tips on handling the media
- How to cope with constant media attention

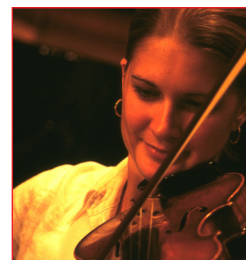


Leadership:

- What is leadership? Are you a role model?
- Why do leaders have special responsibilities to their community?
- Why are you a leader but also a 'normal' person? Isn't that a contradiction?
- Learning to deal with success and failure
- Performance psychology – learning to deal with nerves and performance anxiety

Sex, drugs and rock'n'roll

- The effect that drugs and alcohol have on your career as an elite performer
- How good role models can positively impact on a culture of drug/alcohol abuse
- The dangers of binge drinking
- The personal cost of supporting a drug habit (family, money, friends, career)
- Violence and its results
- Schoolies Week behaviour and danger signals
- What is 'safe sex' and can I say NO?
- Mythbusters—rape, harassment, assault and the law
- Why you may be in a higher risk category because of your high profile career
- How drugs and alcohol put you in risky situations
- Road safety - covering issues including; drink driving, speeding, P plate drivers, peer pressure etc.
- The life-long repercussions of one bad decision behind the wheel
- Coping with group behaviour and showing off in vehicles



Show me the money!

Managing professional and private life

- Money matters – learning budgeting skills, credit cards, common scams, long-term financial future, basic understanding of economy
- Choosing the right manager
- Agents – rights and responsibilities
- Contracts and copyright – a basic understanding
- Technology issues (Facebook, myspace, protecting your privacy)
- Email scams, internet fraud, promoting yourself in cyberspace
- Email etiquette, what's legal and what's not

Depression, Suicide and Relationships

- The roller-coaster life of an elite performer and the pressures that come with the territory
- Living in the spotlight and coping with fame
- Dealing with failure, injuries, relationships, performance anxiety and self-doubt
- How to seek help and counselling before it's too late
- Why healthy relationships can lead to a successful career

Interpersonal skills, Networking and Etiquette

This informal session will be in conjunction with a formal lunch. It will include:

- Dining etiquette
- Networking skills at functions
- Manners and common courtesies in public/corporate settings
- How to appear confident and assured without being arrogant or aloof

Taking on the world

- International travel; the opportunities and dangers
- Staying safe, health issues, local customs and laws
- Cultural sensitivity and an open mind
- Travelling with teams, living overseas
- Dangers of smuggling, legal rights, travel tips
- Coming home alive and safe!