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Abstract title:	Helping young people explore who they really are, and what they really want, with self-awareness and strengths.
	<p>So many students are leaving school (and maybe even tertiary study) confused, overwhelmed and lacking confidence and clarity about where they fit in and "what to do next."</p> <p>On top of this, many of our young people are not feeling all that great about themselves or the world in which they're living.</p> <p>Based on my experience of coaching adults, I believe that many of the solutions to life's big questions and challenges begin with a deeper level of personal awareness.</p> <p>By helping students to develop their self-awareness, overall wellbeing, emotional intelligence and ability to think more effectively educators can play a vital role in equipping young people for a more positive introduction to life beyond school, yet in a crowded curriculum these are things that are often glossed over, if they're covered at all.</p> <p>We need to help young people get comfortable to explore in depth who they really are, what they really want, what they might want to build on and develop and what they might consider changing their way of thinking about. A courageous journey, but undoubtedly a most important one if we truly want to help our young people feel good and function well in our complex and ever-changing world.</p> 