



BAROSSA FUN FACTORY

PO BOX 1001

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Dear Student Careers and Wellbeing Team,

Introducing the **Military Mindset Masterclass for Teens!**

In a world of constant change, uncertainty and increasing pressure, students need more than motivation - they need a framework for success. The Military Mindset Masterclass introduces students to habits and leadership principles used in high-performance military environments.

Facilitated by a female Australian Army veteran with leadership and management experience, a Bachelor of Behavioural Science, Diploma of Project Management, Certificate IV in Training and Assessment and Certificate III in Leadership and Training (Defence), the presentation translates military terminology into universal 'soft' skills that students can immediately apply at school, home and future working environments.

During the 45-60 minute presentation, students will learn how to:

- **Build a routine of self-discipline and 'personal power'**
- **Respond positively to challenges and setbacks with a growth mindset**
- **Acknowledge challenges with emotional intelligence and self-assurance**
- **Understand the nature of change, growth and transition shock**
- **Take ownership of their decisions and future pathways**
- **Avoid self-sabotage and find the will to win!**

The Masterclass is engaging, interactive and sprinkled with humour, while encouraging participation, reflection and discussion. Students will also receive a Military Mindset handbook with thought-provoking activities and reminders.

Our aim is to inspire young people to recognise their potential, embrace challenges and develop the mindset needed to thrive in an ever-changing world. Please note: this presentation is not a careers presentation for military recruitment.

I welcome the opportunity to discuss how the Military Mindset Masterclass can support your students and complement your school's wellbeing outcomes and personal development programs.

Kind regards,

Deb Herring

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Per Ardua Ad Astra - Through Adversity to the Stars