

# Student Wellbeing and Resilience

## 2017-2018 Pre Budget Submissions

*Yellow Lantern National Public Speaking program welcomes the opportunity to make a submission in advance of the 2017-2018 Budget considerations.*

### Overview

**The Department of Education and Training has recognised that, not only do confident, resilient children with a capacity for emotional intelligence perform better academically, but that these skills can also contribute to the creation of strong social bonds, supportive communities, and the maintenance of healthy relationships and responsible lifestyles.**

**Yellow Lantern** is a modern provider of transformational workshops and programs for young people which brighten pathways through public speaking. Yellow Lantern assists students to speak powerfully, articulate ideas and be natural leaders whilst putting their personality first. Yellow Lantern and our Lantern League provides students with opportunities for belonging, engagement and positive self- belief.

Public Speaking is an opportunity for students to feel, own and speak their words without fear of “getting it wrong”. Yellow Lantern’s programs transform even the most apprehensive students into resilient, comfortable and relaxed speakers, whilst building positive relationships within themselves, with their peers and the wider community.

**Yellow Lantern**  
brightening pathways through public speaking

## Importance of the Yellow Lantern Program?

***It is in line with the Education Department's mission to improve student wellbeing by helping students develop capabilities which promote health and wellbeing and lead to success in life.***

In this context imagine seeing a student, who previously avoided public speaking at any cost, stand up in front their teacher, peers and parents and deliver a speech with confidence and excitement whilst actually enjoying public speaking!

Imagine seeing that student go through the rest of their lives never questioning their abilities, because they are confident, know they are capable and, just how awesome they are.

Yellow Lantern teaches children and young adults how to harness their greatness by igniting the flame inside of them. By the end of a program with Yellow Lantern, students will know how to:

- Choose magnificence
- Master their mistakes
- Find their shine
- Write a speech with power & personality
- Celebrate others

***"Yellow Lantern gave me a chance to believe in the real me"***

***Aisha - Student***

## Student resilience and Wellbeing

Yellow Lantern teaches students not only to love public speaking but how to be a fantastic audience and most importantly to enjoy being themselves.

Yellow Lantern is setting a benchmark for a new way of training public speaking. We provide a 'can't fail' approach through the use of social inclusion techniques and body awareness. We believe that once a student feels good within themselves and accepted by a group, they increase their self-esteem and believe they can achieve anything.

We were contacted by an College Coordinator at an ACT Year 11-12 College, with over 15 years' experience, who had major concerns that 41 out of 200 students in the cohort were being made exempt from oral presentation tasks due to high stress and anxiety related to speaking in front of others. Yellow Lantern addresses the negative connotations related to public speaking before they can become learned behaviours. The program ensures that conditioned responses to negative past experiences are reversed and positive self-belief is instilled thus creating students of the future that will not have this fear and anxiety linked to oral presentations and sharing their voice and opinions in public domains.

After having delivered this program in our first ACT schools, we were overwhelmed at witnessing not only the transformation in the students, but received outstanding feedback from the teachers and parents involved. It would be unfortunate for all students in the ACT to not have access to such a transformational course. We are deeply passionate to deliver this program in every school in the ACT. But we also recognise that this would provide an amazing opportunity to young people across Australia, if the Yellow Lantern program could receive national funding.

After approaching various schools, the response is generally the same: the teachers are very interested but are restricted by their budgets.

In this context, Yellow Lantern and the associated Lantern League recommends consideration of two specific budget measures:

### **In school Programs and workshops**

- 1. \$90,000 over 3 years to provide the opportunity for 16 schools in the ACT to facilitate and complete the 8 week Yellow Lantern training. Programs are tailored to connect with the Australian Curriculum and Kids Matter Framework.** This level of funding would allow two schools each term to complete the full 8 week Yellow Lantern program. This would mean reaching over 1920 primary students in the ACT over the 3 year period. It would help to increase student wellbeing through building positive self-belief, increasing engagement and lowering anxiety levels.

**\$30,000 over 3 years to deliver workshops to Secondary and College Students along with Scholarships to attend Lantern League Club.** This funding would allow for flexible delivery of short courses and workshops to Colleges and Secondary schools in the ACT. Courses and workshops can be designed to focus on specific, school, personal or community needs. Annual scholarships to the after-hours Lantern League (a non-competitive speaking club for young people aged 8-18) will be offered to two students every term to continue their transformational journey and amplify the skills learnt during the Yellow Lantern 8 week program.

*“As a high school teacher in the ACT for over 12 years I have witnessed the growing trend of disengagement, anxiety and fear of public speaking rapidly growing in our Canberra youth. Students either refuse to participate in activities that involve sharing their voice or do so with limited success. I completed the Yellow Lantern facilitator training last year and can honestly say that it is the best and only curriculum I have seen that addresses why students feel anxiety towards public speaking and changes their mindset whilst developing technical skills such as speech writing, being a positive audience member and engagement techniques that they can take with them into the future. The Yellow Lantern Program is not just about public speaking it allows students to see that being themselves and being unique is amazing and how to share that unique voice with others.” Emma Menzies (Design and Technology, Lanyon High School)*

We would welcome the opportunity to facilitate discussions with students/parents/schools if the Minister is interested and would be happy to provide additional information regarding the program if necessary. Yellow Lantern welcomes and is excited by the opportunity to work with the government to see this delivered in the ACT and beyond.

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*"I still think the Yellow Lantern course was the best thing any of my kids have done in all of their time at school."*

**Rachel - Parent**



# Yellow Lantern

Public Speaking - 8 week school incursion | Info Sheet

## WHAT IS YELLOW LANTERN?

Yellow Lantern is a provider of transformational programs for young people which brighten pathways through public speaking. We help kids speak powerfully, articulate ideas and be natural leaders whilst putting their personality first.

## WHAT IS SPECIAL ABOUT OUR COURSES?

1. Our courses are exclusively facilitated by qualified councillors, school teachers and life coaches who have vast experience working with young people.
2. Yellow Lantern uses modern counselling and coaching techniques. Young people are coached to reframe their negative self beliefs and achieve rock star levels of self expression.
3. Yellow Lantern is setting a benchmark for a new way of training public speaking. We provide a 'can't fail' approach through the use of social inclusion techniques & body awareness. We believe that once a kid feels good within themselves and accepted by a group, they can pretty much do anything.



Grade 6 student @ Menzies Creek Primary

## HOW IS THE 8 WEEK PROGRAM DELIVERED?

Our popular Shine Your Light course in an 8 week incursion delivered at your school by a trained Yellow Lantern Facilitator. Each session is run within the normal class environment and requires attendance by a teacher.

Each class receives a 1.5 hour session every week for 8 weeks. The course includes a graduation event on the 7<sup>th</sup> week of the course. This event is powerful beyond measure. Parents are often moved to tears by witnessing their children shine brighter than ever before.

Upon completion of the program, students are awarded a certificate of *new-beginnings* and set life-long goals around building their magnificent relationship with public speaking.

Currently, Yellow Lantern offers the SHINE YOUR LIGHT program for two age groups:

- Juniors (Grade 5-6)
- Teens (Grade 7-8)

The cost of the 8 week Shine Your Light program is very reasonable & we can work to suit your school budget (fee's are calculated per class).

**Ask for a sample quote today!**

½ DAY WORKSHOPS ALSO AVAILABLE:

COMPASSIONATE LEADERSHIP  
ROCK-STAR RAPPORT  
UNTAME YOUR VOICE  
BEING REAL ONLINE

SEE [YELLOWLANTERN.COM.AU](http://YELLOWLANTERN.COM.AU) FOR FURTHER DETAILS



## KEY LEARNING OUTCOMES

### ☉ Choose magnificence

Young people are shown that public speaking is a pathway toward activating goals, being heard & opening the doors to magnificent opportunities.

### ☉ Master your mistakes

Experience freedom whilst public speaking by learning how to get it wrong, laugh at yourself and self praise. This works to ease negative self judgement & ideals of perfectionism.

### ☉ Find your shine

Yellow Lantern is a metaphor for the guiding light within us. Through the use of our unique body centring practice kids learn the art of focus, breath and self expansion.

They don't just speak about it, they experience it! This gives them a life-long tool they can use to access core feelings of confidence every time they speak.

### ☉ Put personality first

Personality is a person's greatest asset. Yellow Lantern guides kids toward effortless, fun and liberating speaking experiences. The focus is not only on what you say, but on the place you say it from.

### ☉ Celebrate others

We coach kids how to truly listen to their peers. By the end of an 8 week program the classroom feels like a cheerleading squad where each child has learnt to champion the efforts of their classmates.

Contact us to find out how our program connects to AusVELs Australian curriculum.



*"Yellow Lantern didn't just give me confidence, but a chance to believe in the real me"* *Aisha – Student*

*"I had so much fun! At first I was nervous but then it turned into excitement! I have enjoyed our time so much."* *Mietta – Student*

*" This was by far the best thing any of my kids have done at school. My son used to shrink in front of people. Now he shines!"* *Sarah - Parent*



Yellow Lantern  
National Public Speaking Program  
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Find us on  /yellowlanternps  
www.yellowlantern.com.au

WEEK 1	Setting Agreements Learn how to use Lantern Breathing	
WEEK 2	The Truth about Audiences Practice Lantern KUNG-FU	
WEEK 3	What is nervousness? Making masterful mistakes	
WEEK 4	The flow & structure of a great talk (S.P.I.L) Speak your Strong Start	
WEEK 5	Lantern Eyes - Practice speeches	
WEEK 6	Being Yourself Slowly Clearly & with Meaning Class QUIZ	
WEEK 7	Recap & Shine your Light Making friends with microphone	Graduation Evening
WEEK 8	Looking back & looking forward	

**Australia's favourite**  
**public speaking program for kids**  
*Feel it - Own it - Speak it!*  
**[www.yellowlantern.com.au](http://www.yellowlantern.com.au)**

