



MENTOR HANDBOOK

BE THE MENTOR THEY REMEMBER

2025



LIFECHANGER

VALUES

We believe...

It takes **COURAGE** to make change, and to never let fear or failure stand in the way!

We see challenge as an opportunity to grow and always strive to move forward regardless of the adversity!

We value the bravery it takes to be real, authentic, honest and vulnerable.

We are all in! Our **HEART** and soul is in everything we do. We are passionate,
we believe in people and in the transforming power of kindness.

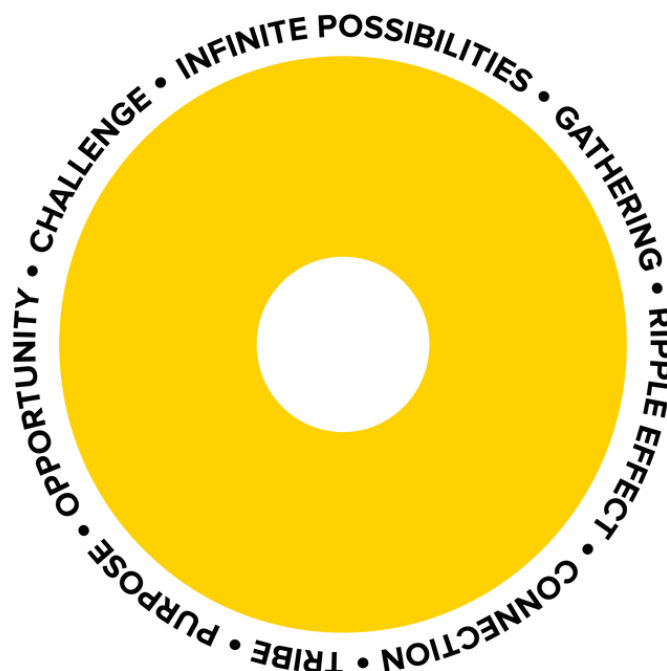
Our **TRIBE** is connected and a place to belong.

We believe trust, respect and accountability builds a strong community.

Our TRIBE is there to support and we will always have your back, in both the good and tough times.

We know change is possible and that a 'hero' lives inside each of us. Bold thinking is encouraged,
and with hard work and clear and curious minds anything can be done! If you can dream it, you can do it!

COURAGE + HEART + TRIBE
=
INFINITE POSSIBILITIES



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WELCOME

Welcome to LifeChanger!

LifeChanger is a preventative mental health and wellbeing non-profit that **empowers young people to thrive by building their social, emotional and resilience skills for life.**

LifeChanger believes that many of the confronting challenges and alarming statistics that face today's youth are preventable through pre-emptive, early intervention programs that **build self esteem, self awareness, positive self identity and resilience.**

At the heart of these programs are our mentors, who play an integral role in bringing LifeChanger's mission to life. They create a safe and supportive environment for young people, facilitating small group discussions, actively engaging with students, guiding conversations, sharing valuable insights, and providing the encouragement needed to foster continued growth.

A message from our CEO, Scott Watters



*LifeChanger Foundation is a registered Australian DRG Tier 1 not-for-profit charity.

WHY LIFECHANGER?

The statistics surrounding teens are both challenging and alarming...

A large and growing number of young people are challenged by low levels of self-worth and self-esteem; leading to a multitude of negative outcomes including physical and/or mental illness.

Alcohol and drug abuse, the impacts of Covid-19, high stress levels, feelings of isolation, low self worth and ultimately youth suicide have become significant generational challenges.

These outcomes are reflected in the current statistics:

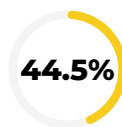
Youth suicide accounts for **ONE THIRD** of adolescent deaths and is the leading cause of death of young Australians



1 in 4 young people report suicidal thoughts

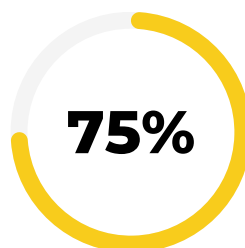


1 in 3 young people report low levels of hope for the future



More than four in 10 young people feel stressed either all of the time or most of the time

For every death by suicide there are approximately **100 to 200 attempts**



of Mental Health issues appear before 25 years of age

YOUR ROLE AS A LIFECHANGER MENTOR



The Role of the Mentor at the Table

As a mentor, your role is to support the key concepts introduced by the Senior Facilitator. Rather than imparting knowledge directly, mentors guide participants in uncovering their own responses and insights. Each workshop builds on the previous one, with key concepts and content revisited to reinforce learning.

At times, participants will work in larger groups, smaller groups or as individuals. Each of these scenarios provides participants with the opportunity to share their ideas and thoughts in different social settings.

We suggest the following approaches to maximise outcomes from each workshop:

- **Provide a safe learning environment for the participants:** This is a shared journey of discovery and, at times, this may be tough and challenging for participants. Being non-judgemental and mindful of your own reactions to participants is important.
- **Allow time for reflection:** When discussing concepts, provide space for participants to reflect and process their thoughts.
- **Embrace silence:** Give participants ample time to formulate their responses - silence is a natural and valuable part of the learning process.
- **Be compassionate and understanding:** Approach participants with empathy and patience to create trust, connection and engagement.
- **Promote group discussions:** Ask thought-provoking questions that elicit thinking and sharing amongst the group
- **Be inquisitive in your approach:** Try to connect with the participants in a more meaningful way by asking about their hobbies, passions and interests

Duty of Care: If a participant shares something concerning, it is your responsibility to inform the Senior Facilitator and complete an Incident Report. Most young people won't actively seek help, so it's up to the adults in their lives to take the initiative in starting these important conversations.

PROGRAM OVERVIEW

The LifeChanger Program presents a continuous developmental pathway from Year 5 to Year 12. As a mentor, you will have the opportunity to take part in any of the below workshops.

YEAR LEVEL	OVERVIEW
YEAR 5 Leadership	A single workshop where participants engage in interactive learning, using collaborative activities and self-reflection to explore the essence of leadership.
YEAR 6 Identity and Friendships	Delivered across four engaging workshops , participants gain a deeper understanding of themselves by exploring emotions, resilience, strengths, and meaningful connections.
YEAR 7 Immersion	A single workshop exploring connection to oneself, peers, and the future through meaningful activities and reflection.
YEAR 8 Awaken the Hero	Six 90-minute workshops centred on LifeChanger's Five Pillar Pathway: Health, Skills, Self, Purpose, and Tribe. Key themes include mental and physical health, goal setting, resilience, gratitude, strengths, self-acceptance, and connection.
YEAR 9 Identity and Self-Esteem	A three part workshop series enhancing self-esteem through exploration of self-identity, comparison, personal values, beliefs, and connection.
YEAR 10 Mentor Development	Two workshops empowering senior students to build connection and rapport with younger students. The focus is on enhancing leadership and mentoring skills to create a more connected school community.
YEAR 11 12 Leadership Development	A choice of two interactive workshops focusing on leadership, identifying strengths, and adopting values to create a life vision. Topics also address managing the pressures of balancing school and life.

PRIMARY SCHOOL WORKSHOPS CONTENT

Our Primary Program equips students in their final primary years with essential skills to navigate this pivotal stage. Through engaging workshops, they'll explore **leadership, friendships, emotions, values, and resilience** in a safe, collaborative environment.

From discovering leadership potential in Year 5 to embarking on a transformational journey in Year 6, these workshops inspire growth, self-awareness, and confidence for the transition ahead.

WORKSHOP	OVERVIEW
YEAR 5 You are all leaders	This workshop offers a dynamic, interactive experience centred on leadership. Through collaborative and individual activities, participants explore leadership qualities and deepen their understanding of what it means to be a leader.
YEAR 6 Understanding Emotions	This workshop introduces participants to understanding and expressing emotions effectively. Key outcomes include recognising emotions, identifying their physical sensations, and understanding how emotions influence behaviour and decision-making.
YEAR 6 Navigating Friendships	This workshop covers the qualities of strong friendships, their evolution over time, and the role of effective communication. Participants will learn to build new connections, navigate online friendships, and strengthen existing relationships.
YEAR 6 Strengths and Values	Participants will explore how values and strengths shape their identities while building connections with classmates. Through teamwork and problem-solving tasks, they'll discover how values influence decision-making and strengthen relationships.
YEAR 6 Resilience and change	This workshop helps participants navigate change and build resilience, focusing on the transition to high school and other life changes. Students will develop self-confidence, self-belief, and the ability to seek support, leaving with practical strategies to stay grounded during uncertainty.

YEAR 7 WORKSHOP CONTENT



Immersion - 1 Interactive Workshop

The Immersion Workshop is designed to be an engaging and enjoyable introductory workshop that focuses on the theme of connection. The main objective of the workshop is to provide participants with a fun and interactive way to learn about LifeChanger and the Five Pillars of Health, Skills, Self, Purpose, and Tribe.

The workshop is divided into three parts, where participants explore the theme of connection from different perspectives.

Connection to Self: The first part is all about self-connection, where participants are encouraged to reflect on their own experiences, thoughts, and emotions. This part of the workshop allows participants to gain a deeper understanding of themselves.

Connection to Peers: In the second part, the workshop focuses on connection with peers. Through various interactive activities, participants are encouraged to work together with their peers in order to build stronger connections. This part of the workshop fosters a sense of community and encourages participants to connect with peers in a more meaningful way.

Connection to Future: The final part of the workshop is centred around connection to the future. Participants are encouraged to reflect on their goals and identify steps they can take to achieve them. By the end of the workshop, each participant will have a better understanding of themselves, stronger connections with their peers, and a clearer vision of their future.

Key Learnings and Outcomes

Each participant will be able to:

- Understand themselves better
- Communicate more effectively
- Connect with their peers in a more meaningful way
- Reflect on their future and begin to put steps in place to help them achieve some of their goals

YEAR 8 WORKSHOP CONTENT

6 interactive workshops that develop social, emotional and resilience skills

The Youth Program curriculum centres on the Five Pillars of Health, Skills, Self, Purpose and Tribe to build emotional, social and resilience skills. Key themes explored during the program include physical and mental health, mindfulness, goal setting, problem-solving, gratitude, self-awareness, resilience and connection.

WORKSHOP	OVERVIEW
ACTIVATION	Participants explore their own inner hero and are introduced to LifeChanger's 5 Pillars of Health, Skills, Self, Purpose and Tribe.
HEALTH	Participants gain an understanding of movement, good nutrition, recovery and mindfulness and how this enhances feelings of positive wellbeing and improves overall focus and mental health.
SKILLS	Participants focus on life skills such as goal setting, problem solving, resilience and gratitude. Resilience is the centrepiece of this workshop with students developing a better understanding of what to do when faced with a challenge.
SELF	Participants explore their emotions and how they project those emotions to the outside world. They begin to develop their own self-awareness and work on practical strategies to help regulate their feelings.
PURPOSE	Participants reflect on their own passions, hobbies and interests and begin to explore their future pathways.
TRIBE	Participants connect to and understand that tribe extends past immediate family and also includes community mentors, other participants and the community as a whole.

YEAR 9 WORKSHOP CONTENT

3 interactive workshops - or one full day

LifeChanger's Year 9 Program empowers its participants to enhance their self-esteem through an exploration of various concepts that facilitate their personal growth.

Throughout the three-part workshop series, participants explore concepts such as self-identity, comparison, personal values and beliefs, and the importance of connection.

WORKSHOP	OVERVIEW
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WORKSHOP 1: OVERCOMING BARRIERS	Participants examine the barriers that hinder their growth and explore the underlying causes of their tendency to compare themselves with others, learning strategies to shift this mindset. They also explore the importance of building connections and how resilience is crucial to enhancing their self-esteem.
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WORKSHOP 2: The power of words	Participants gain an understanding of the impact that their words have on both themselves and others. They begin to recognise the power their words hold and develop a greater awareness of the destructive effects of rumours and gossip, learning effective strategies to combat them. They also recognise and practise the benefits of encouragement, fostering a culture of positivity and support that strengthens their own sense of self-worth.
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WORKSHOP 3: Values and integrity	Participants come to appreciate the significance of integrity and the importance of identifying their core values. They learn practical strategies to make decisions that align with their values and attain a clearer understanding of how these decisions impact their lives, ultimately strengthening their sense of self-esteem.
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SENIOR STUDENT WORKSHOP CONTENT

Year 10: Mentor Development Content

This program elevates leadership and mentoring skills to help build rapport and support young people as they navigate life's challenges.

WORKSHOP	OVERVIEW
Workshop 1: Introduction to Mentoring	An introduction to mentoring that focuses on building peer connections, role modeling, and understanding LifeChanger's 5 Pillar Pathway. Participants will learn how to create meaningful relationships and become effective mentors.
Workshop 2: Mentoring with LifeChanger	This workshop prepares students to mentor Year 8 participants by building their understanding of teen psychology, mental health, and the role of positive role modeling. It ensures they have the skills to provide meaningful guidance and support.

Year 11 | 12: Leadership Workshop Content

LifeChanger's Leadership Program offers a choice of two workshops that explore themes such as leadership, stress management, mindfulness, personal values, and resilience.

WORKSHOP	OVERVIEW
Workshop 1: iLead	Participants will explore their leadership potential, address personal barriers, and develop practical skills in resilience and decision-making. This workshop empowers students to lead with confidence and clarity.
Workshop 2: Stress Less	This workshop helps participants identify sources of stress, build resilience, and strengthen relationships. They will also learn mindfulness techniques to improve mental wellbeing and navigate their final school years with greater ease.

CONNECTION AND RAPPORT BUILDING TECHNIQUES



"Connection is the energy that exists between people when they feel seen, heard, and valued; when they can give and receive without judgment; and when they derive sustenance and strength from the relationship." – Dr. Brene Brown

Building connection and rapport is essential for a constructive mentor/mentee relationship. Critical skills needed are:

OPEN VS CLOSED QUESTIONS

Knowing when to use open versus closed questions is crucial for effective communication:

- **Open Questions:** These encourage a flowing conversation, creating deeper connections and understanding. However, they do, at times, have the ability to go off on an irrelevant tangent.
- **Closed Questions:** These are ideal for confirmation or validation, especially during sensitive conversations where clarity and precision are essential.

BODY LANGUAGE

- **Body Mirroring:** Subtly mirroring a teenager's posture (e.g., leaning forward or crossing legs) can create a subconscious sense of trust and connection.
- **Side-by-Side Conversations:** Engaging in discussions while sitting beside someone or during activities like driving, reduces direct eye contact, making it easier for them to open up.
- **Positioning:** Sitting at a student's level, rather than standing over them, creates comfort and approachability.

COMFORTABLE BEING UNCOMFORTABLE

- If a student does disclose sensitive information, it's important to remain as cool, calm and collected as possible. Get comfortable showing as little information on your face as possible; even if the alarm bells are going off in your head.

FINDING COMMON GROUND

Shared interests and experiences are a great foundation for building trust and understanding:

- Topics like sports, art, hobbies, or family can serve as effective conversation starters and help establish rapport.
- Focusing on relatable topics builds connections and helps young people feel valued and understood.

YOUTH WELLBEING AND CHILD SAFETY POLICY

Both the LifeChanger Youth Wellbeing Policy and Child Safety Policy are informed by and compliant with State and Government bodies.

YOUTH WELLBEING

- **What to report** - Any concern related to child safety. When in doubt, it's always better to err on the side of caution.
- **Who to** - Inform the LifeChanger facilitator at an appropriate time, typically during the debrief at the end of the workshop. However, it's crucial to ensure someone is informed before the child leaves for the day.
- **How** - Fill out the incident report form Facilitators can provide this to you on the day.
- **Process** - The incident is reported to the school. Both LifeChanger and the school follow their respective procedures to ensure nothing is overlooked.
- **Outcome** - Due to privacy and confidentiality, you may not always be informed of the final outcome, but trust that the process is in place to handle the situation appropriately and effectively.
- **Confidentiality** - All disclosures made by a child must remain strictly confidential. Share the information only with the designated facilitator or Youth Wellbeing Officer.

CHILD SAFETY POLICY

- To enter a school, you must hold a valid **Child Safety Check** and be prepared to present it at reception upon arrival. The type of check required depends on the state or country where you will be attending workshops.
- Refer to the guide below to obtain the relevant check for your location:
 - **Victoria (VIC)** – [Working with Children Check \(WWCC\)](#)
 - **South Australia (SA)** – [Working with Children Check \(WWCC\)](#)
 - **Queensland (QLD)** – [Blue Card](#)
 - **New South Wales (NSW)** – [Working with Children Check \(WWCC\)](#)
 - **New Zealand (NZ)** – [CV Check](#)
- Ensure your check is current and valid before attending any workshops. If you need assistance, contact the relevant authority or your LifeChanger representative.

TESTIMONIALS AND HIGHLIGHTS

MENTOR TESTIMONIALS

Watch the videos below to hear what some of our incredible Mentors have to say!



MENTOR HIGHLIGHT

“Good Evening, I have my son who is currently sitting near me in tears... he said he remembers some beautiful lady who came to his school and said to him “that he was a very good boy, and she thought his personality traits that he marked he didn’t have” He’s super sad because he won’t ever see this person again so im assuming it was a good moment for him.” - Mother of LifeChanger Participant (2024)

REFERRAL PARTNERS

LifeChanger Foundation also explores key referral partners within each community. These include but are not limited to:



HEADSPACE

www.headspace.org.au

Phone and online counselling
for young people 12 to 25 years

YOUTH BEYOND BLUE

www.youthbeyondblue.com

Information, resources and support for young
people experiencing anxiety/depression, online
(3pm to 12am) and phone support (24 hours)



KIDS HELPLINE

www.kidshelpline.com.au

Phone and web chat (24 hours)

BLACK DOG INSTITUTE

www.blackdoginstitute.org.au

Information, resources and support



LIFELINE

www.lifeline.com.au

24-hour crisis support

THANK YOU FOR BEING A LIFECHANGER MENTOR



**We are so grateful to have you
as part of our community**



Questions? Please Contact

LifeChanger Head Office

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