



LIFE'S TOOLBOX

FOUNDATION LIFE SKILLS FOR EMOTIONAL INTELLIGENCE

9/10 THE PROGRAM IS INSPIRATIONAL
AND GAVE ME A LOT TO THINK ABOUT WITH MY
FUTURE AND MYSELF. THE MESSAGE IS BACKED UP BY
SCIENCE THAT YOU PRESENT, SUCH A MESSAGE CAN
CHANGE A PERSON'S LIFE! -DANNY, YEAR 12





Life's Toolbox Overview

Foundation Life Skills Program for Emotional Intelligence

"Because life doesn't come with instructions..."

3 x 2 hour sessions or 1 Day Immersion

The Life's Toolbox program is a fun and interactive training program engaging young people in activities and conversations that develop their self-awareness and confidence. In these sessions, we explore the fundamental principles of self-awareness and how to navigate life from a place of grounded confidence. The program is a multi-media experience with videos, stories and demonstrations bringing to life empowering concepts that offer a new view of the world and insights on how to navigate it.

Session 1: INTRODUCTION TO LIFE'S TOOLBOX

In this session we explore the idea that there are 'invisible forces' at play in our minds that can both really support us and really hold us back. With awareness of these forces, we can utilise the ones that support us and limit the power of the ones that hold us back. Participants leave this session with a full understanding of program philosophy and how it runs.

Session 2: OUR FOUR CORE FEARS AND HOW THEY INFLUENCE US

In this session we explore one of the Invisible Forces that has the most power to hold us back in life. Bringing awareness to our Four Core Fears diminishes their ability to inhibit us, leaving us free to make decisions from our passion, not our fears.

Session 3: MEANING CIRCLES & INTENTIONAL THINKING

How we think determines not only how we feel, but what we do in life, how we respond to events and what actions we take. But most of us are operating on some level of thought autopilot so in this session we uncover a mindset hack that gets us off of autopilot and in the driver's seat. Through the Meaning Circles™ model we learn how to take control over how we *think*, and ultimately how we *feel* and what we *do* in life.

Session 4: OUR COMFORT ZONE & THE POWER OF HABITS

We are all a collection of habits that we have either inherited or developed through life. In this session, we explore the most recent science behind habit formation, neuroplasticity and how malleable our mindset actually is. Through the incredibly simple Boulder Model™ we can learn to re-wire our thinking to create habits that really serve us while dismantling the ones that don't.

Session 5: FLOW & THE SCIENCE OF PASSION

This session provides the platform on which we can have deeply productive conversations about finding our passion and how to follow it. As we explore Flow science dating back 150 years, we can understand how the brain works when we are doing something that has us operating inside our natural state. We can see that we are more productive, more engaged, more creative and can learn faster when we know how to use Flow in our lives.

Session 6: GOAL SETTING BROUGHT TO LIFE

In this session we uncover one of the Invisible Forces that is not only one of the most positive, but also one of the most powerful in paving our personal pathway in life. After this session, it's very hard to think about goal setting in the typical way. With an understanding of the science-backed impact of goal setting on the unconscious mind, we can create incredible momentum when aiming for what we want. When it feels like more is possible, we set our sights higher, giving us more and more agency in creating our best life.



Watch this quick video to hear how Life's Toolbox works:

https://www.youtube.com/watch?v=B6CrkPOYVRQ&t=5s&ab_channel=LeahDavidson



FEEDBACK FROM STUDENTS, SCHOOLS AND PARENTS

Life's Toolbox was a great session that had a strength based focus and provided insights for the students on how to maximise their opportunities through acknowledging and addressing what holds them back. Your manner with the students was very supportive and they enjoyed the interactive and discussion based components. We are very lucky to have worked with you and I look forward to seeing how the students use these skills in the coming months to support their growth and progress. – Mark Dewar, Associate Principal, Dandenong High School

10/10 I don't think I would've changed a thing, it was really engaging and opened a lot of ideas. – Allie, Year 12

10/10 We touched on topics that we have never been exposed to or really even thought about. A very, very unique program to anything else I have ever attended. – Neya, Year 12

It was super interesting to learn more about yourself - Daniel, Year 5

9/10 I liked learning about concepts like conformity, fears and mind tricks. It was very enjoyable as well as educational. – Habiba, Year 12

Would absolutely recommend, has been such a positive experience for them to gain better awareness of self and others – Mum of Life's Toolbox participants Years 10 and 12

I like it because it's brain training - Miles, Year 4



Leah Davidson

Leah is a passionate mindset coach with more than 25 years experience making a difference to young people. Founder of The Group, Leah has written and delivered hundreds of personal development programs for young people. Her workshops, camps, and after school programs engage young people in creative, fun ways while developing their social intelligence and emotional fitness.

Leah has delivered her programs in schools across Victoria including Woodleigh School, Melbourne Girls Grammar School, Haileybury, Dandenong High School, South Oakley Secondary, Keysborough College, as well as primary schools and wellness centres and for YPO Young People.

At The Group's weekly after school program, Leah taught her curriculum for building emotional intelligence to young people ages 8 - 18. Life skills like creative thinking, empathy, collaboration, and decision-making are the soft skills not only essential in living a happy fulfilled life, but are now the skills most required of their generation in the work force. There is also a strong focus on philanthropy at The Group through which the young people get to see themselves as agents of change in their community.

Leah has designed and runs many overnight camps where young people get hands-on education in collaboration, communication, leadership, independence and team building while learning empowering life skills in fresh, fun ways. Survivor Camp and The Amazing Race Camp are 3 day overnight adventures where young people collaborate with participants from all over the Mornington Peninsula and Melbourne. Competing in teams, young people develop life skills through engaging activities and games, building Emotional Intelligence and deep self confidence.

Whether delivered in school workshops, in her weekly programs, or on a camp, the common thread in Leah's curriculum is that each module is underpinned by her deep respect for young people's ability to find their true self-expression by learning and practicing essential life skills.

You can learn more about Leah's work at [The Group](https://thegroup.org.au) and at leahdavidson.com.au as well as on her [TikTok](https://www.tiktok.com/@leahdavidson) channel

