



shine ♥ ON THE INSIDE[®]

SCHOOL-BASED CURRICULUM FOR TEENS

School-based program for high school students with all the tools you need to support your students to build communication skills, improve self-esteem, make values-based decisions and shine on the inside....

WWW.SHINEFROMWITHIN.COM.AU

"Amanda had a lasting impact on our students. Her dignified and gentle manner - coupled with her passion for empowering young girls - was greatly admired by students and teachers alike. She is an extraordinary role model for women!" Deborah Thomson, Kimberley College

"Thank you Amanda for taking the time to nurture young lives Mackenzie enjoyed every moment of [your program] and I have loved seeing her eyes light up when telling me about her day." Parent

"Shine from Within is a beautiful book that every teenage girl should read. I have great concerns about the number of girls struggling and not realising that their uniqueness, quirks and differences are what actually makes them so wonderful and special. Amanda shares openly from her own personal experience and provides countless ideas to support teenage girls. Importantly though, she does not say that is only one way to be happy and successful, she wants each girl to be herself to find her passion from within...and as far as I am concerned there could not e amore important message."

Dr. Arne Rubinstein

Founder, Rites of Passage Instutite



Are you a teacher, school counsellor or wellbeing co-ordinator?

We'd love to support you...

Are you looking for resources to support your students to build resilience, self-esteem and confidence? Then this is for you!

Our flexible curriculum allows you to choose how you deliver it. From weekly sessions for up to 10 weeks (each session could be 45mins - 2hrs), to making it a part of a full well-being day – you get to choose.

The best part is, the work is done for you. Follow the steps to create an empowering and nurturing experience for your students.

"We've created the perfect curriculum. It's prescriptive enough to teach directly from the resource, but with enough flexibility to put your own stamp on it if you want to.

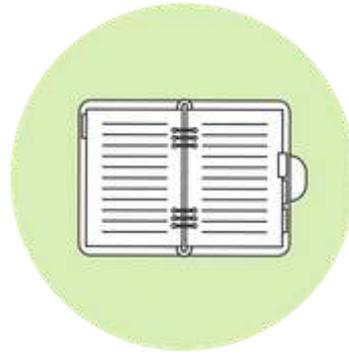
We really wanted to make sure you can hook the sessions in with your own school's values and ethos as well as be able to express your own passions if there's a topic in here you want to dive deeper into."

Libby Schuring, high school teacher, former Year Coordinator and co-creator of this curriculum.

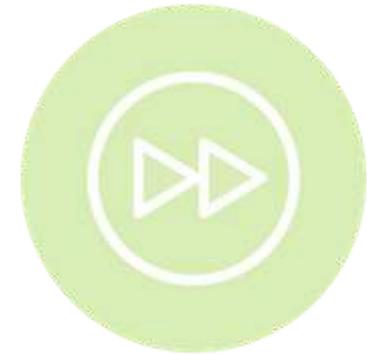
What You'll Get



Want to up-skill and do this the RIGHT way? A complete training series, personalised support and a teacher forum will make sure this isn't one of those curriculums that sits on your shelf un-used.



Done-for-you resources sent to your door to guide your teens to more confidence, self-love, communication skills, positive body image and self coaching skills.



Links in with the Australian curriculum and also links in with our best-selling book, Shine From Within; a teen girl's guide to life (Hay House), a copy of which is provided with the curriculum.

Curriculum

Each lesson has been developed in a fun, engaging way that will foster discussion and a supportive community. Filled with practical tips, activities and discussion prompts, it's a modern, holistic training program that is sure to inspire and empower your students!

- Lesson 1: Beginner's Mind
- Lesson 2: Spring Clean Your Heart
- Lesson 3: What is self esteem and resilience?
- Lesson 4: Friendships
- Lesson 5: Your Amazing Brain!
- Lesson 6: Strengths, Values and Social Media
- Lesson 7: Positive Body Image
- Lesson 8: Nourish Your Body
- Lesson 9: Menstrual Wellness
- Lesson 10: Be your own life coach

What You'll Receive

A flexible 6-10 week school-based program for high school students. A step-by-step curriculum accompanied by online training, support and a hard-copy binder with all the tools you need to support your students to build communication skills, improve self-esteem, make values-based decisions and shine on the inside....



- Phone and email support to help you get the most out of the program (if you want it)
- Access to an online portal with a video training series, guest experts, powerpoint slideshows, worksheets, playlists and anything else we can think of to support you bringing the curriculum to life.
- Hard copy of materials sent to your door including the curriculum binder, a copy of the book Shine from Within; a teen girl's guide to life and conversation starter card deck.

WHAT IT'S ALL

About...



What we do

Shine From Within have been running programs for teens and tweens since 2012, reaching thousands of students in our tween courses (10-12 yr olds), teen retreats (13-17 yr olds), one-on-one mentoring, mother-daughter retreats, school-based workshops, this new curriculum and we even teach adults how to be great youth mentors in their community through our online Youth Mentor Training. We now have trained youth mentors in Nigeria, Zambia, South Africa, Belgium, UK, Malaysia, Thailand, China, Hong Kong, USA, Canada, New Zealand and around Australia.

Our best-selling book, 'Shine from Within; a teen girl's guide to life,' is available in all good bookstores worldwide and often charts in the top 10 for teen wellbeing or parenting categories. The book won Best Book/Podcast of the Year at the 2019 international Beautiful You Coaching Awards.

How the curriculum fits in

This curriculum follows the chapters of the first part of the book, 'shine on the inside,' bringing the book to life with practical activities, group discussions, educational powerpoints and resources. One copy of the book is provided with each curriculum but some teachers choose to buy a book for each student as well.

While the curriculum is new, we've been running many of the activities and sharing these discussions with teens in different ways for the past 7 years. We decided to team up with a seasoned educator and head of school to create this school-based curriculum, aligning it with the Australian curriculum where possible and ensuring it's delivered to you in a way that's simple and easy for you to hold a nurturing space for your young people to shine.

OUR

Founder...



Amanda Rootsey, Founder & Director

Amanda Rootsey is a Hay House author, qualified life coach and youth mentor, cancer-survivor, former international model, inspiring speaker and gentle guide. She has been teaching and presenting to teens since she was a teen herself and has supported thousands of young people since launching her holistic training school, Shine From Within, on the Sunshine Coast QLD Australia in 2012.

A little more gentle than many other youth speakers and facilitators, one Vice Principal said, "Her dignified, gentle manner - coupled with her passion for empowering young girls - was greatly admired by teachers and students alike," - Deb Thomson Kimberley College, Brisbane QLD.

In 2016, Amanda launched an online Youth Mentor Training program to support passionate people feeling called to support the youth in their own community with unique workshops of their own. She realised that a new type of personal development school was needed, one that addressed modern issues that teen girls face today while retaining some of the etiquette and values of traditional deportment programs.

- Currently completing a Certificate in Young People's Mental Health and Technology (Orygen, The National Centre of Excellence in Youth Mental Health)
- Bachelor of Business Management, University of Queensland
- Certified Life Coach, Beautiful You Coaching Academy
- Qualified Twenty8 Health & Lifestyle Educator
- United Synergies Youth Mentor Training
- Butterfly Foundation BodyThink Workshop and Eating Disorder Prevention Training
- Skin Care Course, Endeavour College of Natural Health
- Super Nutrition Course, Endeavour College of Natural Health
- Member, Australian Youth Mentoring Network
- Approved Blue Card and Yellow Card Holder

OUR

Coordinator...

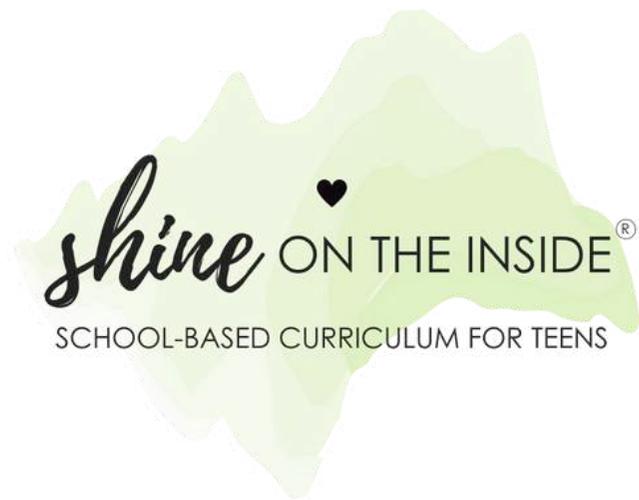


Libby Schuring, Schools Curriculum Coordinator

Libby Schuring is a qualified teacher, trained life coach, youth mentor and believer that everyone has a light that is worth nurturing. A teacher for over 18 years in a variety of roles, including classroom teacher, subject coordinator and Head of Year and now works as a one on one teacher for Full Spectrum Education. Her passion for social and emotional education and lifelong learning drives her in both her professional and personal life and she loves nothing more than working with teens and young people.

She joined Shine From Within as a Trainee Youth Mentor in 2016 under the guidance of Amanda and it both strengthened and deepened her practice as a teacher and Head of Year. She saw such value in what Amanda had to offer that in 2018 she worked with Amanda to create a beautiful, gentle and soulful curriculum that not only aligned with Amanda's teaching from Shine from Within but the Australian curriculum, marrying two of her greatest loves – youth mentoring and education.

- Bachelor of Education Queensland University of Technology
- Life Coach, Beautiful You Coaching Academy
- Shine From Within, Youth Mentor Training
- Member, Australian Tutoring Association
- Queensland College of Teachers registered teacher.
- Approved Blue Card Card Holder



Pricing

AUD\$1300 + GST for a school license.

This can be used by anyone in the school and taught to an unlimited number of students at the one school, without additional costs down the track.

[CLICK HERE BUY NOW](#)

Download a preview of the curriculum at shinefromwithin.com.au/school-curriculum

And to ask additional questions, book in a phone call, or request an invoice (rather than pay online) please contact us at schools@shinefromwithin.com.au



Contact

Website: shinefromwithin.com.au
schools@shinefromwithin.com.au

Instagram: [@shinefromwithinhq](https://www.instagram.com/shinefromwithinhq)
Facebook: [/ShineFromWithin](https://www.facebook.com/ShineFromWithin)