

Inspire 4 Life

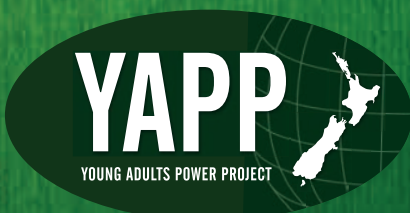
Helping Our Youth Succeed

**Inspire Teach Care enough to Empower
our young adults to gain self-confidence
for success in life and work**



*"Let us now work upstream! I'm tired of
pulling drowning people from the waters!"*

**Archbishop Desmond Tutu,
South Africa.**



by GWENDOLYN NEEDHAM

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The Power of Prevention.

"New Zealand's negative social statistics reflect a disgraceful disregard for early preventive teaching of common sense and life-values. Society tut-tuts endlessly about the negative behaviour of young people. We provide plenty of fix-crisis services at the bottom of cliffs; many people are paid to help when bad things happen, **so what is missing?**

"**What is missing** is enough straight clear simple positive teaching that effectively helps and also deters younger folk, and older, from seriously dangerous behaviours.

We pay millions of public dollars trying to repair, repay, reverse, reconstruct, recover, rectify, refer, redeem, refit, rehash, rehabilitate, recondition all those who our supposedly responsible "systems" have allowed to live dangerously and destructively, "and get away with it."

"Let's come to our senses and put equal resources into these two centres of national influence:

1. **Parents**, supported and taught the simple basic keys to lasting human relationships that provide every child's birthright – a healthy happy loving home.
2. **Teachers**. Respect, value, and pay well all who teach.

Preventive social education is our best hope."

Help make New Zealand the country of choice to live in, because we offer ongoing obligatory life-skill education and care, for all ages and stages, so that families and communities will thrive.

Inspire 4 Life

Helping Our Youth Succeed

with

YAPP4u – The Young Adults' Power Project

How to gain self-confidence to move safely and successfully into the workforce, and the adult world.

YAPP4u fills a gap in social development for all today's young people, from mid-low achievers, right up to budding leaders.

YAPP4u undergirds and gives foundations for life and work.

YAPP4u enhances the chance of success of other trainings.

YAPP4u gives the practical know - how to inspire students to :

“LIFT YOUR GAME! – and move onto the next life-step.”

Who for?

All moving from school out into the adult world –

And their parents, whanau, caring friends, teachers, leaders, and whole communities. We're all in this together.

YAPP originates in Northland & is part of PCCNZ –

“Project Culture Change New Zealand” –

“ *Obligatory ongoing life education and care,
for all ages and stages, so that communities
and families will thrive.* ”

Be part of a better New Zealand leading the way towards equality and freedom. It takes a whole village to raise a child – Every person matters.

ABOUT YAPP4U

the Young Adults' Power Project, & the Book

"Dear Young Adults of the World (New Zealand Edition, 2016)"

YAPP4u is a workshops-based social education project available to teachers, trainers, and leaders.

It helps youth gain self-confidence to move safely and successfully into the workforce and adult world, based on the flagship book, "Dear Young Adults of the World" (New Zealand edition, 2016)

YAPP4u is original, "healthy", unique, independent, practical, relevant, preventative, going beyond the issues of youth to plant seeds of change into our wider organisations.

See reviews in book and at
www.inspire4life.co.nz/reviews

YAPP4u has NZ's culture change at its heart, starting with inspiring young people to think differently, at **"the teachable moment of transition into adulthood"**. It motivates and empowers onto success tracks for work and life; and is applicable and relevant for mid/low achievers right up to those with great leadership potential. Young adults are future parents; better parents are the key to happier families and a more caring and equal society.

"The rising tide lifts all boats equally."

"Young people have more need of models than of critics."

YAPP4u enhances the success of all other career trainings by building the vital human development foundation, often currently missing due to the speed of recent societal changes. It builds soundly-based self-confidence and promotes co-operative living as the way for the world's future.

YAPP4u aims to advance the grassroots wellbeing of NZ, both family-wise and economically. Everything & everyone is related to everything else. Only together can we make great human gains.

The disgrace of New Zealand's wider issues of family abuse / violence will begin to be addressed when we value family life enough to make lifelong social education obligatory for every citizen, especially those dependent on public financial support. This would be responsible human social welfare and development in its best form.

Life-education by parents and teachers is the primary key to a successful society.

***Better human person =
Better family lives = Better New
Zealand = Better world.***

How you can introduce YAPP4u to your organisation:

- **Address to your board,** 30 mins
principals, policy-makers,
leaders, or one/one
- **Introduction to Yapp4u** 1 - 2 hours
for teachers, social service
personnel, educators,
counsellors, coaches, trainers,
churches, Government agencies,
Chaplains
- **Introduction to YAPP4u** 1 - 2 hours
for parents and carers
- **Conference Presentation** 1 hour
of YAPP4u. Also Workshops.
- **Train the Trainers –** 20 / 40 hours
In-depth training for
future YAPP4u facilitators

HOW TO USE YAPP4U

the Young Adults' Power Project – Based on student workbook

*“Dear Young Adults of the World, New Zealand Edition, 2016”
and “The Leaders’ & Teachers’ Manual”*

YAPP4u adds a unique dimension of pastoral care to all other trainings – “the essential human core of wholistic well-being”.

Who will benefit? The students of all leaders, teachers, mentors, and parents, who are preparing young people for the adult world. Examples:

- Tertiary/Polytechs
- High Schools, Seniors
- Career Services Training
- Employment Agencies
- Health Educators
- Churches
- Sports Motivators
- Lions – Rotary – Scouts -Guides
- Independent educators
- Counsellors
- Leadership events
- Prefects’ Growth Groups
- Youth Camps
- Outward Bound
- Private schools
- Adventure events
- Youth Academies
- Home schooling
- Corrections Training
- Prison Pastoral Care
- Correspondence Schools
- Grandparents Raising Grandchildren

The Concept of YAPP4u is flexible and has multi practical ways to be used. Examples:

Make your school / place of learning stand out as a YAPP4u Success School.

1. Provide the inspirational workbook to all applicable students, and schedule routine regular reading-time.
2. Teach workshop modules of your choice to suit your timeframe and goals.
3. Whet the appetites of your students for more. Readers become Leaders. Give rewards.
4. Use any units from the workshop modules to fit your curricula & gain credits.
5. Set individual challenges to work in own time. A YAPP4u Certificate is earnable.
6. Students can become certificated YAPP4u Success Supporters, and be trained as future tutors.
7. Offer students a choice of an intensive YAPP4u immersion, eg over 1 week, or two full days, for the most self-motivated pupils, then review results.
8. Use as a one-day special event for a specific group of students (eg Sports team, Prefects Retreat, Specialty Class, Drama group, those entering a Speech contest, or low achievers etc.) with the day’s focus on -
 - (1) Goal-setting
 - (2) The Success Tree
 - (2) Understanding Mind-power & The Powerful P’s.
9. Use for readings at School Assemblies.
10. Engage with parents and families by providing a YAPP4u workshop and supper for them, each term.
11. A unique hands-on resource for counsellors working one/one with mentees.

The YAPP4u Workshops.

Themes and Modules are:

THEME 1 (5-10 hours)

Know yourself. Grow up. Take Charge.

- A. Who am I? My Success Tree.
 - B. Dreams & Goals. The Powerful P's.
 - C. Beliefs, Seeds, Values
 - D. Attitude, Self-Esteem & Confidence
 - E. Your Health, Wealth, & the Power of Habits
 - F. Self-Leadership. The Whole-of-Life Picture & YOU
-

THEME 2 (4 hours)

Social Scenes. Pitfalls. Solutions.

- A. Good Food. Eating Disorders. Alcohol
 - B. Sex & Power
 - C. Domestic Violence & Success Tracks
 - D. Addictions. Drugs. Gambling. Suicide. Depression
-

THEME 3 (3 hours)

Earn and Learn – About Money & You.

- A. Money habits. Make a Budget
 - B. Learn from the Rich & Famous
-

THEME 4 (2 hours)

Healthy Relationships & Success Tracks.

- A. Relate, Succeed, Live well with The Powerful P's
 - B. Relationships & The Universal Power of Love.
-

THEME 5 (5 hours)

Communicate Your Way to the Job You Want.

- A. Get Up-front Self-Confidence & Public Speaking Know-how.
 - B. Co-operative Communication – Assert Yourself!
 - C. Readers become Leaders
 - D. Mind-power. Goals. Evaluations
-

THEME 6 (2 hours)

Our Country, New Zealand.

- A. Culture & Spirit of New Zealand.
 - B. Introducing Te Reo Maori
 - C. Heroes, History, Holidays
-

THEME 7

Faith, Beliefs, & Life. (2 hours)

- A. What You Believe Inside You is Important
 - B. Living Your Good Life
-

Practical worksheets within the modules enable teachers to assess and measure progress.

Teaching timeframes can be varied. Achievement / Exam Credits are earnable. YAPP4u fills many curricula requirements.

YAPP4u has an original Theme Song:

Chorus:

Calling out about tomorrow
You and me are free to be
Calling out about tomorrow
You and me are free to be

Verse 1

I don't wanna be a number
Living life in the shadows
Family, Community, Together
We are worthy Kiwis

Chorus:

Calling out about tomorrow
You and me are free to be
Calling out about tomorrow
You and me are free to be

Verse 2:

You won't go to your grave
with your best song yet unsung
and I won't go to my grave
with my best song yet unsung
and we won't go to our graves
with our best song yet unsung
and I think the best is still to come
'cos our lives have only just begun

Chorus:

Calling out about tomorrow
You and me are free to be
Calling out about tomorrow
You and me are free to be

Words & Lyrics by Tim Bell. Copyright.
Hear the Song at www.youtube.com/watch?v=hvU2AxFwNZs

YAPP4u's positive themes are repeated throughout, because 'Repetition is the Mother of Learning'.

“Aim for the moon. Even if you miss, you'll land among the stars. And there's plenty of room at the Top!”



Use YAPP4u to Meet Curricula Requirements, Prepare Students for Employment & Life-Success, and Contribute to Social Change for a Better New Zealand.

Reviews and Recommendations:

Frank Leadley, MA, QSM. Past Principal Bay of Islands College; Past President Secondary Principals' Assn of NZ; Youth Initiatives Mentor.

"YAPP4u is an admirable, different, ambitious, significant and professionally presented project. I highly recommend that leaders and teachers embrace this opportunity to help their students become real achievers."

Al Kirk, BA Dip SM, Past Principal Whangarei Boys High School.

"An outstanding quality resource for all senior schools and tertiary providers - a treasure trove of success strategies, real stories, philosophy, challenges, goal setting, Maori wisdom, poetry, and more. Engaging, and relevant to now. New Zealand urgently needs the culture change gently but strongly laid out in this enterprise – The Young Adults' Power Project."

Sandy Epscamp, Youth Tutor, Regent Training Centre, Whangarei.

"YAPP4u teaches students via mind-power and confidence-building that all can succeed. It promotes awareness of responsibilities, actions, changes needed, and future goals, with clear pathways for independent useful lives. It is life-transformative."

Tony Collins, CEO NZ Chamber of Commerce, Northland.

"...a unique and significant contribution to training for employment and life. YAPP4u will be in demand from throughout the country, as well as overseas, filling the urgent need to empower and value all young people."

Barry Trass, Homeworld CEO. Northland Business Leader, Employer, Activist.

"... down-to-earth teaching on the basics of personal success – at work, in relationships,

health, and family life. YAPP4u is solution-based, and preventative. All employers and trainers should connect with this project to help New Zealand move forward."

Rev. Anthony (Tony) M Gamley, St. Andrews, Whangarei.

"As a new arrival myself to NZ from South Africa, this inspiring practical book gave me a quick insight into NZ culture, especially helpful for all newcomers, students and adults, both for the wholistic human development it teaches, and also the literacy and self-confidence it builds."

As a mature adult, I found this unique book encouraging, enabling, ennobling, enriching, moving, fascinating, and challenging! I thoroughly recommend this important youth project."

The Most Rev. David Moxon, Former Archbishop of the Anglican Church in Aotearoa, New Zealand Representative to the Vatican, Rome.

"This much-needed resource to inspire, motivate, and empower young people has a unique perspective, full of wisdom, kindness, and honesty, covering the full of range of developmental issues, risks and opportunities in a user-friendly practical way. I fully endorse and commend it."

David Templeton, Northland Youth Enterprise Leader

"I was involved in producing the comprehensive Project Business Plan with Gwendolyn. It has my total support to become a Northland success story and helping build a thriving NZ culture for all families and communities."

Examples of YAPP4u as a Rich Resource for Curricula Requirements.

1. HEALTH NCEA (11 / 12 HLT)

- Personal well-being
- Diet; Eating Patterns
- Influences of Drugs
- Alcohol
- Relationships
- Positive Sexuality
- Manage Change

2. LITERACY

- NCEA 26622 version 3 "Write to communicate ideas for a purpose and an audience"
- NCEA 26624 version 3 "Read texts with understanding"
- NCEA 26625 version 3 "Actively participate in spoken interactions"
 - Communication.
 - Reading with meaning.
 - Enhanced Word use.
 - Understanding texts
 - Listening skills
 - Language and styles
 - Write with a purpose
 - Up-front speaking skills
 - Speak with a purpose.

3. ESOL (12 / 13 ESL)

- Understanding of spoken and written texts. Reading fluently.
- Presenting information. Oral presentation skills.
- Demonstrate up-front personal confidence.

4. ENGLISH IN THE WORKPLACE (13ENW)

- Improving reading, writing, listening, speaking, & presenting skills.
- Speaking to an audience for a specific purpose.
- Interpersonal communication skills.
- Interview in an informal situation.

5. PERSONAL FINANCIAL MANAGEMENT (11PFM)

- Make a personal budget
- Understand wealth-making life-choices
- Set financial goals

6. BIG PICTURE WHOLE-OF-LIFE EARNING

7. VALUES, COMMUNITY, CONFIDENCE

8. JOB READINESS, ATTITUDE

9. COMMUNICATION IS KEY

10. SOFT SKILLS TO GET YOUR JOB.

11. PUBLIC SPEAKING – for youth speech contests

12. SELF-LEADERSHIP & ROLE MODELS

13. HUMAN DEVELOPMENT

14. NEW ZEALAND INSIGHTS FOR INTERNATIONAL STUDENTS

INSPIRE4LIFE Leadership & Staff Workshops.

“Motivate, Inspire, Empower, Support.”

“First help yourselves, so you can best help others.”

For teachers, health professionals, counsellors, agencies dealing with the results of social dysfunction, churches, community leaders, youth enterprises.

1. THRIVING ON SUCCESS – THE 2-DAY GROWTH RETREAT FOR ACHIEVERS.

Beliefs, attitude, mind-power. Blockages. Emotional intelligence. Balance or crash. Mission. Image. Discipline. Philosophy of leader-styles. Use/mis-use of power. The freedom pathway. Communicate. Purpose. Integrity. Excellence. Success. Contribute. Empowerment in action.

2. TAKE CHARGE OF YOUR LIFE.

My whole-person overview. Where am I now? Where do I want to get to? What stops me? Beliefs, Attitudes, Choices. Making changes, becoming strong, able, free, happy, effective. My success tree. Goals and actions. Choosing my own future. A better life is waiting for me now!

3. CO-OPERATIVE COMMUNICATION.

Learn to say what you need to say clearly, simply, and without guilt. Get on better at work, home, school, socially. Learn passive, assertive, aggressive styles; body language, how to say no, give praise and criticism, move on from mistakes. The answer to family violence. This workshop will change your life forever.

4. SELF-ESTEEM & CONFIDENCE-BUILDING.

This is about self-respect, not selfishness. Swap negative thoughts for sound beliefs and personal fulfilment. Feelings, conditioning, behaviours, mind- power. Self-image, shyness, doubts, guilt, worry. Become more confident and happier socially, feel freer to be & like yourself. Have more fun!

5. STRESS, HEALTH, & YOU.

Basic philosophy of wholism. Self-esteem. Rapuora. Interconnectedness of heart, mind, body, spirit. Life stress and stressors. The roots of ill-health. The inner life. Emotions. The 12-point health check. Balance. Self-care. Inner peace – outer health. Defence mechanisms. Leave behind worry, guilt, frustration. Your better health is a choice. Treat yourself and so better help those you care about and for.

6. GROUP EMPOWERMENT.

Characteristics of a mature group. Leader styles – empowering, controlling, victimising? The phenomena of threat – signs, symptoms, causes, cures. Blocks to progress; vested interest. Getting our act together constructively; joint decisions for new ways forward. How to communicate these decisions. The processes for group empowerment.

*Inspire4life Workshops are based on
Gwendolyn's book “HIGH ROADS –
Keys to Personal Power & Business Success”*

All Training & Speaking enquiries to
Gwendolyn Needham,
HIGHWISE Leadership.
“If you want to fly high, you need to get wise”

**3/8 hour workshops are presented to
suit clients. Terms by arrangement.**

**Ph. 09 437 7183
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www.gwendolynneedham.com**

PRICE LIST

Young Adults' Power Project Books & Inspire4life Staff Trainings.

1. YAPP4U BOOKS

- | | | |
|---|----------------|------------|
| • DEAR YOUNG ADULTS OF THE WORLD
(New Zealand Edition, 2016) | \$25.00 | per copy |
| Wholesale Prices | \$22.00 | 50 copies |
| | \$20.00 | 100 copies |
| • Teachers' & Leaders' Manual / YAPP4u
Teaching Plans | \$60.00 | per copy |

2. Key Professional Development Books:

- | | | |
|---|---------------------|--------------|
| • HIGH ROADS – Keys to Personal Power
& Business Success | \$15.00 | per copy |
| • LASTING RELATIONSHIPS –
In Life, Love, & Marriage | \$15.00 | per copy |
| Wholesale Prices for both | \$25.00 | any 2 copies |
| | \$13.00 each | 10+ copies |

3. Inspire4life Staff Trainings – “Motivate, Inspire, Empower, Support.”

See page 10 for full details and content. Terms by arrangement.

Order Form *Please supply :*

DEAR YOUNG ADULTS OF THE WORLD (NZ Edition 2016)
TEACHERS' & LEADERS' MANUAL FOR YAPP4u
HIGH ROADS - Keys to Personal Power & Business Success
LASTING RELATIONSHIPS - In Life, Love, & Marriage

copies =.....
copies =.....
copies =.....
copies =.....

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www.gwendolynneedham.com



“Listen to the voices of youth...”

Written words of Tertiary Student attendees at YAPP4u Workshops.

“Everything was interesting! It sure was about me, and my life! I value myself more now and speak more confidently...can even talk up-front of the group!...

“The Government should give this book to all students from about 16 years upwards...and to our parents...it just makes you think, feel good about yourself, and shows you how to get onto good tracks...

“Made me think a lot about my future, and what I could become...I want to lead a better life and help others. I need to make some changes now.

“I liked understanding new words and their meanings, all the Powerful P’s, and about getting in charge of me...I’m already changing some habits that get me into trouble...

“Great to learn this sooner than later... YAPP4u would help every young person leaving home, and maybe stop us falling into so many traps...my mum and dad should read it too...yeah!

“I’ve learned to set realistic goals, short and longterm; I’m getting excited about my future.

“We felt valued and cared about; it was all about us...I want to be friends with neat people.

“She inspired us to do better, to set goals, make plans, gain confidence in speaking, to think about our lives and tracks, to see other choices...

“It was all neat! – and to think what sort of parents we wanted to be; that we can be leaders and change the world! – and that we can all fly high if we decide to, and how to help other people too...”

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