

School Program



Looking for Ladybird

- Self-confidence
- Core values
- Healthy habits
- Positive relationships
- Cleanliness and organisation
- Gratitude and kindness
- Resilience and growth-mindset
- Goal setting
- Leadership skills
- Understanding the teen brain
- Social media
- Being and loving 'You'

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About:

Looking for Ladybird is a wellness and motivational program for all walks of life. Our school program provides young people with positive routines and tools that lead to a happy, healthy, motivating and self-confident life. Looking for Ladybird presents tailor-made workshops for schools. Self-worth, wellness, motivation, quality presentation and professionalism are the core values behind Looking for Ladybird.

How it works:

You tell us what topics you would like included in the workshop and we tailor-make a workshop that adheres to the needs of your students. Most often, schools choose 3 topics that they would like to be the focus of the workshop. Edwina, the Director has classroom experience and a Bachelor of Early Childhood and Primary Education so her knowledge and ability to adjust the program personally to each student and cohort is extensive.

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Topics to choose from:

- **Goal setting:** the purpose of goals and creating goals that guide the life you wish to live
- **Morning routine:** why it is important to have a morning routine and how to create one that suits you
- **Core values:** why core values are important and recognising your 5 core values
- **Stress and anxiety:** creating stress-free rituals that help avoid burnout, breakdowns and anxiety
- **Self-confidence:** why comparison is the enemy and how to feel good in your own skin
- **Social media and shame:** having a healthy relationship with your phone
- **Challenging yourself:** being comfortable with being uncomfortable- how to build up a tolerance
- **Brain development:** understanding the teen brain and how to nourish it
- **Gratitude:** using gratitude to rewire your negative brain and be a happier person
- **GRIT:** commitment, finding your purpose, resilience and using a growth-mindset
- **Leadership and kindness:** becoming a true leader
- **Positive friendships:** what makes a good friend and how to shut down toxic talk
- **Time-management:** creating a time-management schedule
- **Creativity and mindfulness:** how to use knitting, painting, photography and colouring in to be more mindful and present.
- **Passion and purpose:** finding out what yours is

*Tailor-made topics are available upon request

"We believe that the key to a happy and successful life is to find the right daily routines that motivate you to be the best version of yourself"

--- Edwina Tyquin, Director of Looking for Ladybird.

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Content:

Our workshops are designed to fit into your school's schedule as smooth and easily as possible.

Option 1: Assembly workshop/ presentation

Option 2: Workshop that is run during HPE or a subject involving wellness

Option 3: Full day workshop

Option 4: An option that best suits your school's unique schedule

Details:

Price: To be determined on workshop duration and the number of students.

The cost covers: resources such as paper cut-outs, craft resources and booklets, guest teachers, insurance and travel costs.

Minimum Enrolments Required:

20 students

Suitable for Grades:

Grade 6-12

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The Director:

EDWINA TYQUIN

Director, Looking for Ladybird



Edwina is a passionate role model, trained educator, youth mentor and a ray of sunshine. At 25, Eddie is young enough to connect, support and energise young people but wise enough to lead them in the right direction. Prior to creating Looking for Ladybird, Edwina worked as a classroom teacher whilst sharing her life-style wellness routines through her blog.

Edwina is committed to helping young people feel confident, passionate and motivated. She has a wide bank of knowledge that she is eager to share with as many schools as possible.

Edwina also provides weekend and holiday workshops, one-on-one life coaching and workshops for adults, companies and their employees.

On a personal level, Edwina battled with mental health issues as a teenager and since then has learnt a variety of skills and knowledge as to how to care, love and look after ourselves. She feels deeply connected to the challenges young people face and believes it is her duty of care, to share her knowledge and routines so that they can be happy, healthy and confident in their own skin.

Edwina's positive energy, excitement and bubbly nature gives her the ability to connect with young people, individually target their needs and leave them with a feeling of excitement to authentically be themselves and live their best lives.

Qualifications:

- Bachelor of Early Childhood and Primary Education
- Trained Youth Mentor through Shinefromwithin
- Certificate in Steiner Education Masterclass
- Approved Blue Card Holder
- First Aid and Anaphylaxis

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Contact:

Contact Edwina now to discuss running Looking for Ladybird at your school in 2021/2022

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