

“Ability is what you’re capable of. Motivation determines what you do. Attitude determines how well you do it.” Lou Holtz

EXPLORE!!

“To be a star, you must shine your own light, follow your own path, and don't worry about the darkness, for that is when the stars shine brightest”

Unknown



Photo by Richard Laufer

Welcome! to the first installment of Explore, the new monthly newsletter for *Direction Exploring*. I am very excited to announce that *Direction Exploring* has been rapidly growing and expanding since it's beginning in September 2008. It is amazing how quickly it has evolved! Since then, I have been working with many young people, inspiring, motivating and empowering them for change. I am always honored and feel privileged to be invited into their world and be a part of their story. The more and more I work with adolescents the more I too am inspired by the stories that they share with me.

Thank you to everyone who has supported my journey and continues to support *Direction Exploring* and the work I do. I look forward to 2009.

P.s. If you have not already done so, please check out my new and exciting website - www.directionexploring.com.au

Tahlia



NEWS

Workshops and Presentations:

I have also begun presenting my workshops and presentations to schools, having already presented the *He Loves Me, He Loves Me Not* presentation and *Power On!* These were a huge success and I look forward to presenting more during the year.

Upcoming Seminar



See Yourself In A Positive Light.

A series of workshops for mothers and daughters on self-esteem and body image with Tahlia Mandie and Eli Szentel. Workshops beginning March 11 (years 7-9) and March 12 (years 10-12/VCE). Contact SpiritGrow for more info 9509 7211

YourKidsEd

Throughout the year I write regular articles for YoursKidsEd.com.au. *YourKidsEd* is a website designed for parents who are seeking to educate, inspire and enrich their children. It provides information on formal education, activities for your children, or educational products and services.

The ***Direction Exploring Corner*** offers articles on adolescent issues and parental concerns. Topics include:

- How To Help Your Teen Stay Focused For Exams
- Summer School Holiday Tips
- Going Back To School and Transition Tips
- Tutoring and Scholarship Exams

Look out for the next topic - *Helping Your Child Identify Interests and Passions*

Next Edition...

The monthly ***Explore Topics!***... Topics and information that deal with adolescent and parental concerns.

Direction Exploring - Counselling, Mentoring, Leadership, Life Direction For Adolescents. A Wholistic Approach.

Tahlia Mandie - DIRECTOR

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