

Are You Ready To Launch?

Join Us!
Longmont Public Library
6:30-7:30pm

Monday, Feb 5th, 2018

Coach: Jane McKean, MA, GCDF
Career Counselor

- Learn about careers that are a good fit for you

Monday, March 5th, 2018

Coach: Dr. Shayna Brody Whitehouse,
Licensed Psychologist

- Learn tricks to keep confident and ready for anything as a young adult

Monday, April 2nd, 2018

Coach: Karrie Bach, RD, CSSD
Performance and Medical Dietitian

- Don't Just Survive, Thrive!
Realistic wellness tips to know when heading out on your own

Monday, May 7th, 2018

Coach: Sheila Kiechlin
Executive Functions Coach and Organizer

- Use your time to create a life that fits you

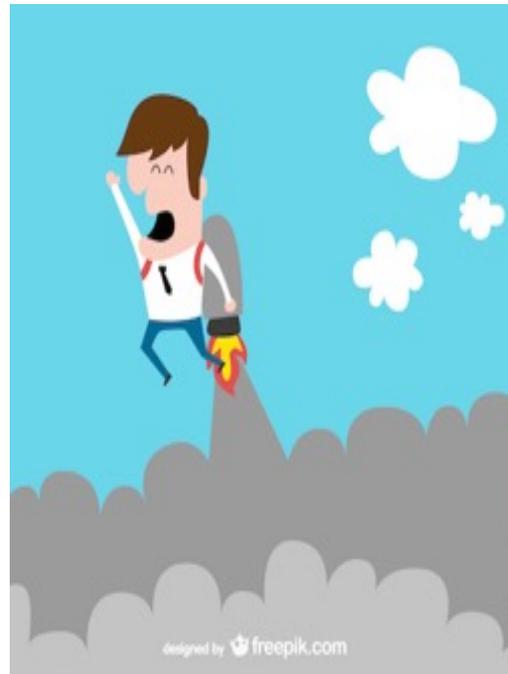
Classes are free to the public and will be held in the Unquiet Study Room

A message from the Presenters:

“As our young adults prepare to leave home and journey on their own, we want them to be as ready as possible for the road blocks that pop up - we can't prevent them, but we can give our kids the tools they need so they can successfully maneuver around them.”



Join us for one, or all, of the 'Are You Ready To Launch' sessions. Each class is designed to engage young adults and parents in discovering opportunity, confidence, and self-efficacy during a time that can seem overwhelming.



A FREE SERIES OFFERED TO YOUNG ADULTS (AND THEIR PARENTS) AS THEY NAVIGATE INTO ADULthood.

*Sponsored by Longmont Public Library,
Boulder Career Services,
Reaching Higher
Educational Center LLC,
Kore+ Nutrition Consulting, and
Big Bang Organization, LLC*

Learn about Careers that are a Good Fit for You

Coach: Jane McKean, MA, GCDF
Career Counselor

"If you find your people you will find your work."

We will do a fun interactive exercise and then learn about careers in the Realistic, Investigative, Artistic, Social, Enterprising, and Conventional fields.

Learn Tricks to Keep Confident and Ready for Anything as a Young Adult

Coach: Dr. Shayna Brody Whitehouse,
Licensed Psychologist

We'll discuss ways teens can stay ready for the easy and the hard things that come their way in life and how parents can help.

She will also have interactive activities so teens and parents can think about ways to cope with successes and disappointments and to stay positive.



Purpose

The purpose of this series is to provide resources and useful information for parents and young adults that will help promote movement toward independence and self-efficacy in young adulthood.

We strive to better prepare students going off to college for the vast changes between the structure that is provided for them in high school (by educators and parents), and the structure they will need to create for themselves to be successful in college.

Figuring out what that structure looks like can be different for each person.

As our young adults prepare to leave home and journey on their own, we want them to be as ready as possible for the speed bumps that pop up - we can't prevent them, but we can give our kids tools so they are ready to maneuver over them.

Don't Just Survive, Thrive! *Realistic Wellness Tips When Heading Out on Your Own*

Coach: Karrie Bach, RD, CSSD
Performance and Medical Dietitian

In this power hour of wellness, learn:

- How to stock your dorm or apartment so you can make cheap, healthy meals and snacks on the go!
- Why sleep should be a priority and how to balance fun and rest with techniques for relaxation.

Arrive ready to participate, as we'll be preparing and making some healthy food options out of our mini-fridge, and practicing relaxation techniques.

Use Your Time to Create a Life that Fits You

Coach: Sheila Kiechlin
Executive Functions Coach and Organizer

Come learn that time management is Life Management! Learn techniques and tips to know how and what should go on your calendar and to-do list.

Explore your values, needs and strengths and the part they play in creating a life that fits. There will be activities to help us guide along the process. Please come with an image of your life that fits!