

# Are You Ready To Launch?

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

**Monday, Feb 5<sup>th</sup>, 2018**

**Coach: Jane McKean, MA, GCDF**  
**Career Counselor**

- Learn about careers that are a good fit for you

**Monday, March 5<sup>th</sup>, 2018**

**Coach: Dr. Shayna Brody Whitehouse,**  
**Licensed Psychologist**

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

**Monday, April 2<sup>nd</sup>, 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 7<sup>th</sup>, 2018**

**Coach: Sheila Kiechlin**  
**Executive Functions Coach and Organizer**

- Use your time to create a life that fits you

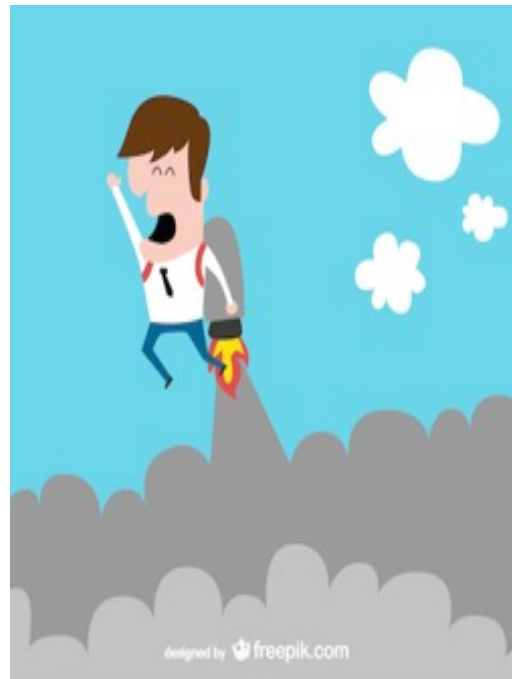
Classes are free to the public and will be held in the Unquiet Study Room

## 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!