A SUPPORTIVE ONLINE COACHING WORKSHOP FOR TEENS

LIFE AFTER SCHOOL:

Finding Your Feet

STUDENT WORKBOOK

A guided workbook to help teens feel calmer, clearer, more confident, and more prepared for what comes next.

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Life After School
Finding Your Feet

Interactive Student Workbook

Helping teens navigate change, independence, big choices, and the future with confidence.

You are not losing yourself in change.
You are growing into the next version of yourself.

Created to be completed while watching the workshop video.
Pause, reflect, write, breathe, and take one brave step at a time.

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☀ Welcome to Your Next Chapter

Start gently. You do not need the whole map today.

This workbook is here to help you turn big thoughts into clear, small steps. You do not need perfect answers. You only need honesty, curiosity, and the courage to begin.

As you watch the video, pause when Coach Judy invites you to write. Take your time. Your answers do not need to sound impressive. They just need to be true for you.

Reminder: You are not behind. You are learning how to trust yourself while the answers unfold.

Before you begin, take one slow breath in and out. Then write one word for how you feel right now.

Right now, I feel:

Or DRAW or DOODLE how you feel

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How to Use This Workbook

A simple pause-and-write guide for the workshop.

- ☐ Watch the workshop in order.
- ☐ Pause the video when you reach each workbook activity.
- ☐ Write honestly - not perfectly.
- ☐ Circle, underline, doodle, or add extra notes if it helps.
- ☐ Come back later and update your answers as you grow.

Quick Tip: Clarity often comes from writing things down. What feels messy in your head can become easier to understand on paper.

Affirmation:
I do not need to solve my whole life today. I can begin with one honest answer.

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☀ Changes I May Be Facing

Writing it down helps the messy cupboard in your mind become clearer.

Change can feel exciting, scary, confusing, hopeful, and overwhelming all at once. These questions help you see what is ahead instead of letting it swirl around in your mind.

1. One change I know is coming is:

2. One change I feel nervous about is:

3. One change I secretly feel excited about is:

4. One thing I am worried about losing is:

5. One thing I hope to gain is:

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Reminder: Once you can see the change clearly, you can start working with it.

Affirmation:
Change is not here to break me. Change is helping me grow.

EXTRA BONUS ACTIVITY



My Change Brain Dump

Use this space to write, doodle, scribble, or draw anything that is swirling around in your mind about life after school. It does not need to be neat — just get it out of your head and onto the page.

Worries

Hopes

Questions

Things I need help with

Things I'm curious about

Reminder: Getting your thoughts onto paper helps you understand them more clearly.

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❤ When You Don’t Know What Comes Next

Not knowing yet does not mean you are behind. It means you are still discovering.

Your life is not a one-question exam where you must pick the right answer forever. It is more like a path with doors, steps, turns, lessons, and new choices.

Instead of saying: I have no idea what I’m doing with my life.

✓ Try saying: I’m exploring what fits me. I don’t need the whole map today. I only need my next brave step.

Tool 1: The Next Brave Step Tool

Don’t try solve your whole future. Choose one brave step forward.

1. What is one thing I can learn more about?

This could be a course, job, apprenticeship, travel option, creative path, business idea, volunteer role, or gap year.

2. Who is one person I can talk to?

This could be a teacher, career advisor, coach, parent, older friend, or someone in a field I am curious about.

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The Next Brave Step Tool - Continued

Clarity often comes through movement.

3. What is one small action I can take this week?

Research a course, update a resume, apply for a casual job, ask a question, book a meeting, or try something new.

4. What would I do if I didn’t need to have it all perfect?

Reminder: You do not always think your way into confidence. Sometimes you act your way into feeling confident.

Affirmation:
I can take one brave step before I feel completely ready.

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❤ When Friendships Might Change

A friendship changing doesn’t mean it failed. Sometimes life is moving into a new season.

Some friendships may stay close. Some may naturally drift. Some may change shape. And new people may be waiting to meet the next version of you.

Reminder: The future is not only taking people away. It is also bringing new people towards you.

Tool 2: Roots & Wings

Roots keep you GROUNDED. Wings help you GROW.

Use the next pages to name the people, values, strengths, and supports you are taking with you - and the opportunities you are ready to grow into.

Affirmation:
I am not stepping into the future empty-handed.

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Roots: What Grounds Me

These are the people, values, strengths, and supports that help me feel steady.

1. Who keeps me grounded?

Who helps me feel safe, understood, and supported?

2. What values do I want to carry with me into my future?

Kindness, humour, courage, respect, independence, loyalty, faith, creativity, family, dreams - or my own words.

3. What strengths do I already have?

What good qualities, skills, or strengths are already inside me?

4. What helps me feel calm or safe?

A walk, a pet, nature, music, a bath, a routine, a person, breathing, journaling, or something else.

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Wings: What Helps Me Grow

These are the new experiences, people, opportunities, and parts of me ready to expand.

1. What is helping me grow? What new experience am I open to?

What new things might I want to try?

2. What places, paths, or opportunities am I curious about?

3. What kind of people do I want to meet?

4. What part of me is ready to grow?

What is one way I can start growing my wings?

5. I want to become a person who is...

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Reminder: Roots remind you who you are. Wings help you become who you are meant to be.

Bonus!

My Roots & Wings Snapshot

Use this space to draw, write, or map out what you are taking with you into your next chapter.

My Roots

People who support me

Values I want to carry

Strengths I already have

Things that help me feel calm and safe



My Wings

New things I want to try

Places or pathways I'm curious about

The kind of people I want to meet

The person I am becoming

I am not stepping into the future empty-handed.
I am taking my roots with me, and I am growing my wings.

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❤ When You Worry: What If I Fail?

Failure is not the opposite of success. It is often part of the road to success.

Marks, exams, applications, expectations, and comparison can make the future feel heavy. But a result, mistake, rejection, or detour does not decide your whole life.

You are not a mark or a ranking.
You are not one decision. You are not one bad day. You are a whole person with strengths, courage, creativity, kindness, ideas, dreams, and the ability to keep adapting.

Tool 3: The Change Map

Use this when change feels like panic. It helps you move back into power.

- [ ] 1. Name the change - What is actually changing?
- [ ] 2. Name the feeling - What am I feeling?
- [ ] 3. Name the fear - What am I afraid might happen?
- [ ] 4. Name the truth - What is a calmer, more helpful thought?
- [ ] 5. Name the support - Who or what can help me?
- [ ] 6. Name the next brave step - What can I do now?

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☀ Interactive Practice: My Change Map

Turn the big black cloud of change into something you can see and work with.

1. The change I am facing is:

2. The feelings I have about it are:

3. The fear underneath it might be:

4. A calmer truth I can tell myself is:

5. The support I can reach for is:

6. My next brave step is:

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Reminder: Your power comes back when you start taking action.

Affirmation:
I can name what is happening, reach for support, and take my next brave step.

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☀ The 'What If It Works Out?' Reframe

Your brain may ask what could go wrong. This page helps you also imagine what could go RIGHT.

Sometimes we spend so much energy preparing for everything that could go wrong that we forget to imagine everything that could go right.

Now think of a CHANGE you've been thinking of and worrying about.

What if it works out?

What if I make new friends?

What if I discover something I love?

What if the path I didn't expect turns out better than the one I planned?

What if the person I become after school is even more confident, brave, and happy than I imagined?

What if this next chapter surprises me in the best way?

What if I am more capable than I think?

One exciting possibility I want to let myself imagine is:

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Affirmation:
I am allowed to imagine a future that excites me.

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❤ When It Feels Like Everyone Else Is Ahead

Different people bloom in different seasons.

Your job is not to copy someone else’s timeline. Your job is to listen to your own heart, strengths, values, and life.

1. What matters most to me?

2. What makes me feel alive?

3. What kind of life do I want to build?

4. What strengths and talents do I already have?

5. What problems do I care about solving?

6. What kind of person do I want to become?

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Reminder: You are not behind. You are growing, evolving, and becoming your future self.

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Tool 4: Future Self Letter

Connect with hope and remind yourself this uncertain moment is not the whole story.

Imagine yourself one or two years from now. You have faced changes, hard days, exciting days, confusing days, and proud moments. Now imagine your future self writing back to you today.

Dear me,

I know right now you feel...

But I want you to know...

The thing you are stronger at than you realise is...

One thing that worked out better than expected was...

One thing I am proud of you for is...

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The advice I want to give you is...

Love,
Your future self

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☀ When Change Feels Overwhelming

Come back to these steps when the future feels too big.

1. Pause
Put your hand on your heart or stomach. Take a long slow breath. Say: I am safe in this moment. I do not have to solve everything right now.

2. Name It
Say: This is change. I am feeling this way because my brain is trying to protect me.

3. Shrink It Down
Ask: What is one thing I can do today? Not this year. Not forever. Just today.

4. Reach Out
Talk to someone safe. Getting support is not weakness - it is wisdom.

5. Choose Growth
Ask: What could this change teach me? This helps move you from victim mode into growth mode.

The step I need most right now is:

One thing I can do today is:

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Affirmation:
I can slow down, breathe, and take one step at a time.

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☀ When the Door You Wanted Doesn’t Open

Rejection can lead to Redirection.

Not getting into one pathway does not mean your future is over. It may mean your route needs to change. A detour is not a dead end. It is simply a different road forward.

Powerful Reminder:
One result may change your route, but it does not erase your future. Maybe this is not the end of your dream. Maybe it is the beginning of a new way to reach it.

1. What pathway, course, or dream did I have my heart set on?

2. How do I honestly feel about this change or disappointment?

3. What does this result NOT mean about me?

4. What could this situation be redirecting me towards?

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☀ Redirection Reflection - Continued

There is often more than ONE way to get to where you want to go.

5. What are three possible alternative pathways I could explore?

Examples: a related course,differentuniversity, bridgingcourse,TAFE,apprenticeship,work experience, reapplying later, or a different path that suits me better.

6. Who could I speak to for support or advice?

Career advisor, teacher,parent,coach,universityadmissionsteam, TAFE advisor, or someone already working in the field.

7. What is one next brave step I can take this week?

8. What truth do I need to remind myself of right now?

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Affirmation:
A changed plan does not mean a failed life. I can find another road forward.

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☀ The Change Confidence Formula

You don’t need to be fearless. You just need to be WILLING.

Change + **Support** + **Small Brave Steps** = **Growth**

Being willing means you are open to trying, learning, asking for help, adjusting, and keeping going - even when you do not know exactly what life will look like yet.

Where do I need more support right now?

What small brave step would help me grow?

What am I willing to try, even if I feel nervous?

Reminder: Your life can still become something beautiful, even if you do not know exactly what that looks like yet.

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☀ Powerful Coaching Questions 

Take your time. These questions are designed to help you find direction from the inside out.

1. What change am I currently resisting because it feels uncomfortable?

2. What might become possible if I stopped seeing this change as a threat and started seeing it as a doorway?

3. What part of me is ready to grow, even if another part of me feels scared?

4. What do I want my life after school to feel like, not just look like?

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☀ Powerful Coaching Questions - Continued

Your answers can become little clues for your next chapter.

5. What strengths of mine have helped me get through past changes and challenges before?

6. Who do I want to become in this next chapter of my life?

7. What is one brave choice I can make this week that my future self will thank me for?

My biggest insight from these questions is:

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Affirmation:
I am growing into a stronger, wiser, braver version of myself.

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☀ Three Affirmations to Take With You

Say them slowly. Let them be little seeds you are planting.



Affirmation 1
I don’t need to have my whole future figured out. I trust myself to take the next brave step.

Affirmation 2
Change is not here to break me. It is helping me grow into the person I am becoming.

Affirmation 3
I am capable. I am brave. I am open to receiving the beautiful, exciting life that is ahead of me.

The affirmation I need most today is:

I can practise saying it when:

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Mini Visualisation Reflection: The Doorway to My Next Chapter

After the green doorway visualisation, write what came up for you.



What did I imagine behind me - the memories, lessons, or strengths I am bringing with me?

What did I imagine on the other side of the doorway?

What feeling do I want to carry as I step forward?

My doorway message to myself is:

Example: I don’tneedtoknoweverystep. I only need to trust myself enough to begin.

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Affirmation:
I am walking forward with courage, strength, and everything I have learned.

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Bonus Tool: My Support Circle

You are not meant to do life alone.



Write the names of people or places you can reach for when you need advice, encouragement, information, calm, or practical help.

People I can talk to when I feel overwhelmed:

People I can ask for career, course, job, or pathway advice:

People who remind me of my strengths:

Places, websites, services, or resources that could help me:

Reminder: Getting support is not weakness. It is wisdom.

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Bonus Action Page: My 7-Day Brave Step Plan

Small actions create clarity.

Choose one tiny step for each day. Keep it realistic. A brave step can be as simple as sending an email, searching one course, asking one question, or writing one paragraph of a resume.

Day	My small brave step	Done?
Day 1		
Day 2		
Day 3		
Day 4		
Day 5		
Day 6		
Day 7		

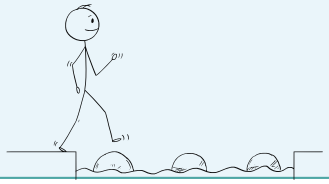
At the end of the 7 days, one thing I learned about myself is:

Affirmation:
Step by step, I am building a life that feels like me.

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Closing Reflection

Your life after school does not have to look like anyone else's.



You are allowed to take your own path, grow at your own pace, change your mind, try something and realise it is not for you, start again, and feel excited and scared at the same time.

The unknown is not empty.
It is FULL of POSSIBILITY. You don't need the whole map.
You just need your NEXT brave step.



My next brave step after this workshop is:

The person I am becoming is:

One message I want to remember from this workshop is:

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Affirmation:
I am not behind. I am not alone. I am not lost. I am growing and evolving.

Stay BRAVE. Stay STRONG. Stay WONDERFULLY … YOU

Coach Judy

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BONUS SUPPORT PAGE FOR STUDENTS

Preparing to Leave Home

Helpful ways to get ready mentally, emotionally, and practically for your next chapter.

1. What you might be feeling

It's completely normal to feel excited, nervous, sad, proud, overwhelmed, and unsure all at once. Leaving home is a big change, and it's okay if your feelings come and go.

I can feel a mix of emotions and still move forward bravely.

2. Get ready mentally

- Take one step at a time
- You do not need everything figured out
- Ask for help when you need it
- Focus on what you can control
- Keep using calming tools and positive self-talk

3. Get ready physically

- [ ] Learn how to do basic laundry
- [ ] Practise cooking 2 or 3 simple meals
- [ ] Know your important passwords and documents
- [ ] Learn how to budget your money
- [ ] Save emergency contacts in your phone
- [ ] Understand transport or driving options
- [ ] Pack essential items
- [ ] Learn basic cleaning routines

4. A leaving home preparation checklist

- [ ] Organise ID, bank card, and Medicare details
- [ ] Create a weekly budget
- [ ] Make a simple meal list
- [ ] Learn how to book appointments
- [ ] Know who to contact in an emergency
- [ ] Practise managing your own routine
- [ ] Make a packing list
- [ ] Write down important phone numbers

5. When I feel overwhelmed

1. Pause and breathe
2. Name what I am feeling
3. Ask: what is my next small step?
4. Reach out to someone safe

It's okay to take a break. You are still moving forward.

6. A quick student reflection

One thing I feel excited about is:

_____

One thing I feel nervous about is:

_____

One skill I want to build before I leave is:

_____

You are capable. You are learning. You are ready for this next chapter.

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BONUS SUPPORT PAGE FOR STUDENTS

Supporting Yourself and Your Parents

Helpful ways to stay connected, prepared, and kind through this big change.

1. How your parents might be feeling

Even if your parents are excited for you, they may also feel sad, worried, proud, emotional, or unsure. They are adjusting too. Leaving home can be a big change for them because they love you deeply and have spent years caring for you.

Their feelings come from love — not from wanting to hold me back.

2. What you can say or do to support them

- Say thank you for all they have done
- Tell them what you appreciate about them
- Reassure them you will stay in touch
- Give them a hug and spend quality time together
- Ask if there is anything they want to teach you before you go
- Be patient if they seem emotional

3. Fun things to do together before you leave

1. Choose 2 simple recipes and cook them together (for example spaghetti bolognese)
2. Create a weekly budget together
3. Practise doing a load of washing from start to finish
4. Make a shopping list and do a grocery shop together
5. Create a simple meal plan for one week
6. Go through important documents and contacts together
7. Have a coffee date or walk and talk about the future
8. Make a memory jar or write favourite memories together
9. Plan how often you will check in after you leave
10. Have a "life skills day" and learn 2 or 3 important skills

Connection now creates confidence later.

4. My leaving home action checklist

- [ ] Practised 2 or 3 meals
- [ ] Learnt basic laundry
- [ ] Planned my budget
- [ ] Packed important documents
- [ ] Saved emergency contacts
- [ ] Planned transport
- [ ] Discussed check-in plans with my parent/s
- [ ] Asked questions I still need answered

5. A quick student reflection

One thing I appreciate about my parent/s is:

_____

One thing I can do to support them is:

_____

One thing I still want to learn before I leave is:

_____

One way I will stay connected is:

_____

When I feel guilty or emotional

It is okay for me to grow, and it is okay for my family to feel this change too. We can love each other and still let each other grow.

Student Reminder

Growing up does not mean growing apart. Kindness, gratitude, communication, and small actions can help both you and your family feel more supported through this next chapter.

Affirmation: I can prepare well, stay connected, and step into this next chapter with courage and care.

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ACTION CREATES CLARITY

A final challenge to help you move from stuck... to started.

It's completely okay if you don't have everything figured out yet. But don't let 'I don't know yet' become a hiding place. Clarity comes from action. Small steps help you learn, build confidence, and create momentum.

You do not need to sprint into the future. But you do need to move. Every small step counts.

1 WHAT I'M TAKING AWAY

One thing I realised from this workshop is:

One thing that often keeps me stuck is:

One reminder I want to hold onto is:

2 ACTION = CLARITY

Trying things gives you information. Even what you don't enjoy teaches you something useful.

ONE ACTION I COULD TAKE IN THE NEXT 24 HOURS:

- ☐ Research one option
- ☐ Message one person
- ☐ Ask one question
- ☐ Book one appointment
- ☐ Apply for one opportunity
- ☐ Update my resume
- ☐ Look up one course or pathway
- ☐ Other: _____

3 MY NEXT BRAVE STEP

The one action I will take in the next 24 hours is:

Why this step matters to me:

When I will do it: _____

What might this action help me discover?

4 MY WEEKLY ACTION TRACKER

Week	My small action	Did I do it?	What did I learn?
Week 1		☆	
Week 2		☆	
Week 3		☆	
Week 4		☆	

5 IF I START TO DRIFT...

Be kind to yourself—but don't disappear into waiting. Rest when you need to, then keep moving forward.

A distraction I want to watch out for is:

One way I can use my time more wisely is:

What my future self will thank me for is:

FINAL CHALLENGE

Before the next 24 hours are over, do one thing that says:
'I'm not waiting for life to happen to me. I'm stepping into it.'

☐ I completed my action step.

Affirmation: I don't need to have everything figured out. I create clarity by taking one brave action at a time.

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