

INVITATION FOR

BLUE MOUNTAINS PARENTS & CARERS

Together we can help our young people live their best lives.

Planet Youth Blue Mountains would like to invite you to attend a parent talk with inspiring motivational speaker **Luke Kennedy...**



Luke S. Kennedy is one of Australia's most sought after speakers. He uses his breathtaking life story to inspire resilience, motivation, and self-awareness for a wide range of audiences from primary schools to high schools, corporates, events and even prisons.

"After almost 20 years in education, he is the most inspiring guest speaker that I've heard."

Andrew Roxby, Head of Senior School, Cessnock.



Katoomba High School: 6:00-7:30pm Tues 7 June

Winmalee High School: 6:00-7:30pm Thu 9 June

Luke's Student Sessions:

By sharing gripping stories from his own life, Luke makes a unique connection with students. His talks with young people are all about resilience, mental health self-care, motivation & inspiration, reducing fear, anxiety, and stress. He also focuses on positive messages around how to be yourself & stop worrying what people think, bullying, self-bullying & the impact of negative self talk.

Luke's Parent & Carer Sessions:

At Luke's parent talks there are always tears, laughs, and plenty of ah-ha moments. You will leave inspired and with simple strategies to help improve your connection with your kids as well as some inspiration for improving your own mental wellbeing.

Please join us

Parents and carers in the Blue Mountains welcome to join.

To make sure we have enough seats, please RSVP at:

www.planetyouthbm.net.au/rsvp

If you have any queries, please email info@planetyouthbm.net.au

Find out more about Planet Youth at www.planetyouthbm.net.au

