

Youth Set Programs

Are you looking to inspire and empower the young women you work with?



BELLE

Young Women's Tools for Success

Introducing Frank Team's BELLE program

BELLE is a program that combines interactive workshop activities that build young women's skills for success with mentors who bring the material to life and connect with the young women on a personal and professional level.

We have all had mentors in our lives that have helped us to move forward, see things more clearly or simply inspired us to reach further for ourselves. The evidence continues to mount on the benefits of mentoring, both informal and formal, and how it helps people, especially young people.

What is **BELLE**?

BELLE is a stimulating, empowering one-day success workshop for young women in school years 9, 10 and 11.

We know young women experience many challenges in today's world - no matter what their background. BELLE puts young women on the path to success by equipping them with practical skills to deal with financial pressures, lifestyle choices and career opportunities.

Want to see a workshop in action? Check out this video

[http://teachertube.com/viewVideo.php?video_id=111893&title=Belle Women s Tool For Success](http://teachertube.com/viewVideo.php?video_id=111893&title=Belle_Women_s_Tool_For_Success)

made by Beverly Hills Girls High School from their BELLE day.

BELLE is perfect for your Careers, Leadership or Life Skills programs.

What does the **BELLE** program cover?

Over six hours, a group of participants are guided through the skills, or 'tools', that make up any young women's 'toolbox' for success. We focus on four key 'tools':

1. An 'organiser' - creating powerful first impressions, managing your time, dressing for business, business etiquette and networking skills.
2. A set of 'keys' - how to open doors of opportunity, volunteering and networking, stories from successful business and career women.
3. A 'map' - setting achievable life and career goals, mapping your finances and learning how to budget.
4. An 'eye-mask' - how to create your own stress solutions and use visualisation.

During the course of the day, the young women get to work in groups and on their own. Each group of participants is guided through the program by a successful and experienced professional woman who acts as a mentor for the day. The mentors inspire and allow the girls to interact with a successful role model. A FRANK Team facilitator runs the day for your school or community organisation. Prizes are awarded during the day and all girls receive take-home information.

So what do **YOU** learn?

As a participant you will:

- Interact with successful career and businesswomen.
- Discover career and business opportunities that assist them with subject choice, work experience placements, career path selection and lifestyle choices.
- Become aware of the importance of being financially aware and independent.
- Be inspired to start planning their future now - and

· Have the practical, life skills to do just that!

BOOK YOUR BELLE PROGRAM NOW. Contact Hayley (hayley@frankteam.com.au or Phone (02) 95186244) to learn more and book your BELLE program.

What 'follow up' do you receive?

The FRANK Team believes in making sure all of our program participants have ongoing support and access to assistance. Following the BELLE workshop, you will have access to a comprehensive library of business articles written specifically for young people, you'll be connected to some powerful youth and industry networks, and you can receive our free e-newsletters which regularly promote youth opportunities, to further your own interests and boost your motivation and inspiration.

Who's behind the program?

The FRANK Team created and run BELLE.

We have been around since 2001 educating and inspiring young people around Australia and the globe!

BELLE: Young Women's Tools for Success workshop is a full day workshop for girls 14 to 25 years old. We run these in schools, in tertiary organisations and for community groups. It is a full day workshop with mentors grouped together with about 5 – 7 girls each. The day is fully facilitated and we provide all of the fun games and activities that are used, and the mentors bring it to life with their group of girls through their own stories and experiences, as well as networking with all of the girls.

The Frank Team has local facilitators in many states and territories around Australia – so we can come to you! The Frank Team is committed to creating employment opportunities for young people by equipping them with practical skills and by encouraging entrepreneurship. In short, we assist young people to get educated, get involved, and get enterprising!

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The Real People...What do others think of the BELLE Program?

The Students:

- I love, love, loved it! It was an awesome experience and if I had a second chance I would do it again
- Great program, I love it, keep it up!
- Excellent Mentors,
- An innovative and inspirational workshop
- You guys are awesome, Thanks!
- Anything is possible and women can achieve anything, Do what you love, use everything you learn, take actions
- Very enjoyable day!!
- I enjoyed the skills and core values audits, they really helped me to work out what I was good at and I am now working towards my goals!

The Mentors:

“I had an amazing experience as a mentor. Mentors participated in all program sessions providing participants with advice and experience, making suggestions or giving encouragement.

In the businesswomen's' session, the mentors exposed participants to an interesting mix of business endeavours, experience and occupations. It was remarkable being around such innovative and energetic young women with such incredible ideas and amazing inventions.

I would thoroughly recommend volunteering as a mentor for this program, and to be a part of inspiring and skilling the next generation of young women. All I can say is, look out, here they come” Kathie Montefiore

The Co-Ordinators:

Each year, Canberra Girls' Grammar School runs Enrichment Week for all its students. The focus for Year 10 students is Career Opportunity and Development. Jessica Kiely presented the Belle Workshop to about 130 students. With the support of local women, who acted as mentors, the students were made aware of the importance of their individual skills and talents and the importance of teamwork, goal setting, networking and many other essential tools for planning and developing their careers. Jessica's professional approach, her own experiences and those of the mentors resulted in a very positive experience for our students and I have already booked her to conduct other workshops . – By Teresa Bubear

Who has had a BELLE Program?

The Frank Team has run the BELLE Program for a range of schools, councils and community groups across the years. Here are just a few.....

Beverly Hills Girls High School
 ParraSIP – Parramatta Schools Industry Partnership
 Junee Shire Council

Canberra Girls' Grammar School
Women's Cottage – Blacktown

What costs are involved?

The Frank Team brings its BELLE workshop to you. We have wonderful female presenters around Australia who will facilitate the program for you, travelling to you wherever you are in Australia. The costs for a BELLE workshop depend on your location and how many young women you would like to complete the BELLE program.

Contact us today for a customised quote.
Hayley (hayley@frankteam.com.au Phone: (02) 95186244

Helpful Tips...

If you are thinking about sparking up a mentoring program for your students, improving one that already exists or just to learn more about what is involved in mentoring programs, we have put together some TIPS for you!

Why? Well, we were recently inspired ourselves. We did one of our **Belle Young Women's Tools for Success programs** for Beverly Hills Girls High School, a day that involved mentors. From the day Beverly Hills Girls High made a great video and it reminded us of the impact these programs can have, especially with mentors. You can view that video at http://teachertube.com/viewVideo.php?video_id=111893&title=Belle_Women_s_Tool_For_Success

Here are those tips just for you – *link through to download of the pdf article (a)*

Please consider these recommendations before booking.

Groups of up to 70 students are preferred for the BELLE program to ensure the best learning environment of interactivity and team activities.

If groups of over 70 students are taken then we would prefer to do the group as two separate sessions running concurrently, with two facilitators being used. Our young presenters and mentors are role models who walk the talk & will inspire your students with their stories of challenge, success & making their way in life. To learn more about our presenters check out their profiles here <http://www.frankteam.com.au/ourteam/>

The BELLE presentations will challenge your students to think, question and action their ideas.

Click [HERE](#) to download a copy of the BELLE flyer (b)
Click [HERE](#) to view the BELLE video – By Beverly Hills High School (c)

So....here are our TIPS for you on Successful Mentoring Programs for young women:

- **Provide plenty of time in your program for talking.** Girls love to talk, and learn best through this form of communication. Opportunities to hear and tell stories, discussing and talking about issues and options are vital to a mentoring program for young girls. The girls will learn so much through this from the mentors, who will be roles models for them.
- **Choose your mentors wisely.** Mentoring does require people who want to do it and who have the time to set aside for it. Ensuring your mentors are interested, willing and can put that time aside is crucial in getting the right people. Obviously this depends on what the commitment is that you are asking of them; from an hour, a full day or time over a few weeks.
- **Training and/or briefing for mentors is essential.** Never assume that those who put their hand up to be mentors then know what that means and how to be the most effective in that role. You will need to provide either a thorough briefing (in the form of written or verbal information) or even training to help them be the best they can be for your program. Give them a really good idea of your program and what you are hoping to achieve, and then what their role in the whole program is.
- **Plan for flexibility within a structure.** It is best to provide some structure to the mentoring relationship for your program. For example the amount of time required, mentors role, start up activities and assistance in setting goals. But, there needs to be flexibility within that to allow the relationship to grow between mentor and mentee. Too much structure can mean that time is spent on filling out forms or following a process, rather than on the actual mentoring.
- **Begin the program with some get-to-know you activities.** Don't expect the mentors or mentees to know the best way to get-to-know each other quickly, provide it for them. Play games, run some activities that are related to the mentoring program or have a lunch together.
- **Encourage networking.** If your program is one-on-one then you want to make sure there is networking for the mentors to meet each other. If your program is one mentor to a group of young girls, then making sure all of the girls get a chance to mix with all of the mentors is important in helping them get the most from the wealth of experience in all of the mentors.
- **Make it easy for mentors.** Ensure the registration process, the initiation, the briefing/training information and actual details around the mentoring are as easy as possible for the mentors. They are volunteering their time so you want a smooth process for them to be a part of.
- **Consider using technology and running an e-mentoring program.** It is totally possible these days to run mentoring programs via the web; this means that access to the best



mentors is only a click away no matter where you are in Australia. This is particularly useful for regional and remote regions who may feel they miss out.

- **You may target a theme for your mentoring program.** It could focus on leadership, career, life skills or perhaps certain areas like sports, females in male dominated field or the community sector. Many of the industry bodies have mentoring programs for members, especially for young professional women to help them to advance; see below for more details.

There are many variations on the type of mentoring programs that exists. Take your pick:

- Short term (From lunch together through to just one day)
- Long term (Meet over a few weeks or months)
- One-on-one (One mentor per young person is matched)
- Group (One mentor per group of 5 – 6 students)
- Formal (It is part of a structured program)
- Informal (Mentoring is struck up from a meeting and follows an unstructured course)

Click [HERE](#) to download a copy of the BELLE flyer (b)

Click [HERE](#) to view the BELLE video – By Beverly Hills High School (c)

Other **Mentoring** Programs:

We also have a **Young Entrepreneurs mentoring program** that assists the young business people (18 to 35) to grow their businesses through a series of workshops and 8 hours of mentoring. It is run over two months and had a profound impact on the young entrepreneurs. You can learn more about that program <http://www.youngentrepreneurs.net.au/kickstart-your-marketing-systems-training-for-young-entrepreneurs.html> or <http://www.youngentrepreneurs.net.au/>

If you are interested in more info on setting up and running a successful mentoring program then there is a great Benchmarking resource at the Youth Mentoring Network site <http://www.youthmentoring.org.au/benchmarks.php>

What's your next move?

If you'd like to host a Belle workshop, please contact our National Office in Sydney on (02) 9518 6244 or email hayley@frankteam.com.au.

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