

# Gianna LUCAS Workshops

FOR YOUNG WOMEN & GIRLS

Life Coach  
Speaker & Educator  
Co-Founder/CEO Happow  
Radio Announcer

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## #LIFEGOALS

GET CRAFTY AS YOU DISCOVER YOUR UNIQUE AFFIRMATION AND DESIGN YOUR BIG VISION!



2

## YOU GLOW GIRL

DISCOVER AND EMBRACE WHAT MAKES YOU UNIQUE!



3

## MIND OVER MATTER

GRATITUDE, MINDFULNESS & RESILIENCE 101



4

## RESILIENT GOAL-GETTER

A STEP-BY-STEP GUIDE TO HELP YOU SMASH YOUR GOALS.



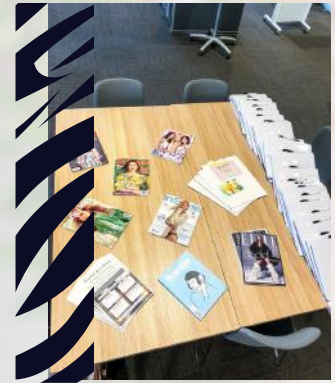
## WHAT CAN YOU EXPECT?

- Amazing activities
- Interactive discussions
- Safe & creative space
- Supportive environment

DISCOVER MORE - [GIANNALUCAS.COM](http://GIANNALUCAS.COM) | [HELLO@GIANNALUCAS.COM](mailto:HELLO@GIANNALUCAS.COM)



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1

## #LIFEGOALS

### Workshop

GET CRAFTY AS YOU  
DISCOVER YOUR  
UNIQUE AFFIRMATION  
AND DESIGN YOUR  
BIG VISION!

This workshop takes arts and crafts to the next level through goal-setting. Participants learn the art of positive affirmations and visualisation through creating their own mission statement, short/long-term goals and vision board.

### ACTIVITIES

- Aligning YOU and your affirmation activity
- Unpacking your vision questionnaire
- Vision board creation

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## YOU GLOW GIRL

### Workshop

DISCOVER  
AND EMBRACE  
WHAT MAKES  
YOU UNIQUE!

In this workshop participants learn about body positivity, confidence and the importance of self-love. We also touch on the benefits of healthy eating and regular exercise.

### ACTIVITIES

- Inner beauty exercise
- Relationships 101 activity
- Positive affirmations exercise

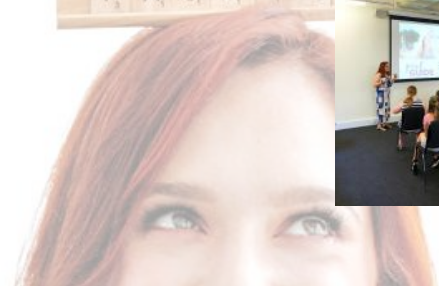
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P A S S I O



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## MIND OVER MATTER

*Workshop*

GRATITUDE,  
MINDFULNESS &  
RESILIENCE 101

It's a proven fact. Practicing gratitude makes you a more positive person whilst improving your overall health. In this workshop, participants learn easy mindfulness exercises, including journaling and meditation techniques.

### ACTIVITIES

- Unique qualities activity
- Word summary exercise
- Meditation activity
- Gratitude journal exercise

A GIRL'S  
BEST FRIEND

# Gianna LUCAS



## 4

### RESILIENT GOAL-GETTER

#### Workshop

A STEP-BY-STEP  
GUIDE TO HELP  
YOU SMASH YOUR  
GOALS.

This workshop gives you a whole stack of tools to help you smash your goals. Full of interactive exercises, top tips, uplifting stories and more, participants gain clarity and confidence around their own personal values, mission and vision. On top of this, they are equipped with my how-to guide and action plan, so they can start taking action right now.

#### ACTIVITIES

- Unpacking your values exercise
- Your BIG vision activity
- Limiting beliefs exercise
- Resource review activity

# Keynote Speaking

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I love sharing my fave tips and tools that helped me work through my own chronic anxiety disorder and overcome bullying, so to help others others live their best life.

HEAR A STORY ABOUT A GIRL WHO OVERCAME EPIC HURDLES AND ACHIEVED HER BIG DREAMS.

My #1 goal is to empower empower youth so they feel more supported, motivated and equipped with the tools they need to believe in their own unique potential and pursue their goals with passion, purpose and conviction.

Invite me to come along and speak at your school, organisation or upcoming event!

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## GET IN TOUCH

✉ [hello@giannalucas.com](mailto:hello@giannalucas.com)

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# What people are saying

Gianna  
LUCAS

"Gianna's positive and effervescent personality is truly magnetic and when she speaks people listen. Gianna's intelligence and way of articulating her message inspires all who hear her."

**PHIL STENHOUSE OAM**  
CEO | BRIDGE BUILDERS YOUTH



"Gianna's passion for equipping and inspiring this generation of young people sets her apart. Her ability to engage with people in a genuine way, through sharing her own personal stories and life lessons make her a highly engaging presenter."

**SHARON WITT**  
TEEN & PARENTING EXPERT,  
PRESENTER & AUTHOR



"She's inspiring. She's authentic. If you're lucky enough to put Gianna in front of an audience, she will move them to the most beautiful, heart-warming place that they can be which is empowered, inspired and just right in the moment."

**JAMES GRIMA**  
CEO | POSITIVE TRAINING SOLUTIONS  
FOUNDER | ENGAGE MELBOURNE



"Gianna engages a teenage audience in a vibrant and confident way. She shares her personal journey in a manner that allows connection with young people. Gianna's positivity is contagious and her zest for life shines when she speaks."

**HAYLEY GAMBLE-CARRUM**  
LORETO HOUSE COORDINATOR  
OUR LADY OF MERCY COLLEGE, VIC



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# Gianna Lucas.



## ● Mini Bio



I'm passionate about transforming the lives of youth so they're equipped with the tools they need to pursue in their potential.

I'm the Co-Founder & CEO of Happow, a social enterprise for youth. I'm a **Motivational Speaker, Life Coach & Radio Announcer** on 89.9 TheLight – Positive Radio.

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