

GOALS TO KICK

Two inspiring guys have made it their mission to change the lives of young people in the most positive way possible. WORDS // KATE MARTIN.

Ever wondered how the hell you are going to get your dream job? Or how to achieve all you want to? Or ever save more than 200 bucks? Brent Williams and Dale Beaumont can help you out. They are the founders of an organisation called Tomorrow's Youth and they run programs to empower teenagers and help them maximise their potential in the real world. At 23, Dale and Brent have been friends for years and have both overcome personal tragedies to achieve success. Brent says his own bad experience was actually a blessing in disguise because it helped him figure out what he wanted to do.

"I've always been a high achiever," he says. "I did very well at school, played professional sport and I was school captain. Shortly after school finished I was robbed at gunpoint. I had a gun held to my head for about 10 minutes. The experience really shook me up and made me think about what I want out of life, and more importantly how I was going to get it. For me now, that's probably one of the best things that ever happened to me. I know that sounds weird, but that's what set me on this path. I realised I didn't have any of the necessary life skills to achieve what I really wanted, so I went out and looked for them. I spent thousands of dollars on self-development seminars, books and CDs. I realised there was none of this stuff out there for young people, so Dale and I decided to do something about it."

There are heaps of self-development seminars available for adults, and the reason many of go to them to these kinds of courses is to work through all the limiting beliefs they learnt as teenagers. Brent and Dale figured if they could get in there early, it would cut out a lot of hassle and heartache.

The program they started is called Empower U, and it's a weekend seminar, which runs for 28 hours through Friday night, Saturday and Sunday. The content is designed for youth, by youth. It helps young people discover what they want out of life and overcome any obstacles that may be holding them back. It covers a whole range of life skills such as creative

thinking, goal-setting, emotional intelligence, belief systems, money and finance, communication and career skills, as well as things like team-work, leadership and public speaking.

Brent believes that goal-setting is one of the keys to success, and one thing that can really help people find direction in their lives.

"Every successful person I've ever met says the cornerstone of their success is setting goals. If you never set any goals you don't really have any direction. Most teenagers only think a day, a week or a month ahead. If you can start thinking a year, or five years ahead, then you start doing things that will move you in that direction. It's all about getting direction and focus.

"The biggest challenge for teenagers," he continues, "is the overwhelming choices they have when they have finished school. We suggest looking at some of your skills and developing the ones you already have. That way, you will start to get an idea of which area you'd be best suited to. While we do our utmost to help participants figure it out, not everyone will walk away saying, "Yes, this is what I'm going to do for the rest of my life." But when they do find it, they know how to be successful in their chosen career."

People of all ages and from all different backgrounds attend the programs, but Brent says they all have one thing in common when they leave. "About 80% who come along don't really want to be there. Their parents have made them do it. But without a doubt, 99.9% of people who have done the course have come out saying it's the best thing they've done in their life. I know that's a big claim, but it's true. On Friday night you'll have a whole group of teenagers sitting there with their arms crossed, fiddling with their phones, being really negative. On Sunday night they're hugging each other and coming up to us saying we've changed their lives. It's great."★



DALE GAVE BRENT (RIGHT) NO WARNING HE WAS ABOUT TO BUST OUT A HIGH FIVE.

Setting Goals

SOME SIMPLE WAYS TO SMASH YOUR GOALS!

Focus on what will make you happy. Write a long, rambling list as things come to mind, and when you're run out of ideas, simplify them into specific categories and then specific, achievable goals.

Keep a diary. Whether it's getting fit, making new friends, saving money or kicking butt at school, keeping a journal of your daily progress is not only a great way to keep track of how you are doing – it's also an ace tool to remind you that you're working towards a goal.

Make some visual reminders. Write out your goals and stick them next to your bed where you can see them every day. Find a picture in a magazine that represents your goal and pop that in your diary so you can remind yourself what you want to achieve.

Tell your friends and family. Vocalising what you want to do is a great way to make it happen. Not only will saying it out loud make it a real, legitimate goal, but telling people who care about you will enforce how important it is to you. Ask them to keep you on track too!

Wanna do it?

If you're interested in doing an Empower U program or finding out more about Tomorrow's Youth, check out their website for more info. You can log on to www.tomorrowsyouth.com.au or call 1300 372 782.