

RESET

COMMUNITY CLASSES

FOR ADULTS & YOUTH

- **Five Class Series**
- **Online or In-Person**
- **Private Bookings**

RESET Education & Training

WORKSHOP 1: RESET Intro

A 90 minute workshop for parents, teachers, clinicians, adults and youth seeking to experience and learn about the RESET Wellbeing Framework

WORKSHOP 2: RESET Leader

A 90 minute workshop for RESET participants that are ready to support others with RESET strategies. Regular attendance at Community Classes is recommended to demonstrate proficiency and receive a RESET Leader certificate.

TRAINING 1: RESET Ready

Ready to learn more? This 4 hour training is for RESET participants with a minimum of 1 year participation at RESET Classes and Workshops.

TRAINING 2: RESET Teacher

Ready to become a RESET Teacher?
Contact us to learn more and to prepare for this RESET Teacher certification.

RESET at School

Empower staff and students with the RESET Wellbeing Framework. Scholarship funding available.

The RESET Wellbeing Framework is

- Simple
- Effective
- Inclusive
- Accessible
- Affordable
- Empowering



Reframe
Energy
Simplicity
Empower
Time In

Contact us to learn more about Sponsorship, Training, or to join our Team!

Email

hello@youthreset.com.au

Phone

0435 729 953

RESET Resources

FREE Audios



Printables



RESET Card Deck



Pocket Practice



youthreset.com.au

Calm • Clarity • Confidence