



FS Academy

GUIDE TO ADULTING

8 week program for 17–21 year olds getting ready to navigate “adulthood”



Ready to tackle life after school?

Our 8-week program is designed specifically for 17–21 year olds who want to get ahead.

We'll cover everything from managing money and staying safe online to building better relationships and planning your next steps.

➔ What's included-

Week 1: Money Mindset

Week 2: Budgeting for needs and wants

Week 3: Paying bills and contracts

Week 4: Staying Safe

Week 5: Understanding emotions

Week 6: Conflict and Self-Advocacy

Week 7: Communication

Week 8: Living Independently

➔ The Details-

- ✓ Hands-on Interactive Activities
- ✓ Relevant Guidance
- ✓ Group Sessions (Max 10 People)
- ✓ Take-home Tips
- ✓ NDIS Funded

Level Up: Guide to Adulting



 fsacademy.com.au

 admin@fsacademy.com.au

 1800 577 370

Explore our NDIS Specific courses:

