



Media Release

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Young people given life lessons

Setting goals, managing money and home styling on a budget will be covered in a series of interactive workshops for people aged 14-25 years at Narellan Library.

How to Adult- Life Skills 101 will take young people through the financial challenges of being independent.

“The expenses associated with the cost of living can be overwhelming to anyone in the early stages of living independently,” said Mayor Lara Symkowiak.

“It can be difficult to navigate your way through the bills or make plans to get ahead when you don’t know what costs to expect,” Cr Symkowiak said.

“This course will help young people prepare themselves for the realities of living away from home and for those who are trying to establish their new independent lifestyle, to simplify their budgets and set realistic targets,” she said.

Life Skills 101 will be run by managing director of life coaching and consultation organisation, Primitive, Dean Williamson who will hold interactive sessions about tax, debt, insurance, renting, running a business and focusing on the right goals.

Events company owner and interior stylist, Sarah Cleaton, will do some hands-on styling workshops with participants and explain how to create a Vogue style on a K-mart budget.

The series includes five workshops, 10am-12pm each Saturday from 27 May to 24 June at a total cost of \$20. Bookings are essential and can be made online at www.library.camden.nsw.gov.au.

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