



# **TRANSITION TO INDEPENDENCE, THEIR STORY**

**Empowering young people on  
the journey out of care through  
the CREATE Your Future program**

The CREATE Your Future (CYF) program provides young people aged 15–25 with the relevant skills and knowledge to feel supported in their transition from care to independence.

Through a range of experiential workshops centred around life skills, decision-making and self-awareness, this program aims to enable young people to be equipped with abilities that will allow them to excel when they leave care.

In addition to achieving skill-based competencies, young people are also guided through the steps required to think critically, make informed and independent decisions and understand their identity and role in the community.

In this booklet CREATE Foundation speaks to young people and workers on the positive impact the CREATE Your Future program has in a young person's journey to independence.



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**CREATE YOUR FUTURE IS AN  
EMPOWERING, INTERACTIVE,  
PROVEN PROGRAM THAT PROMOTES  
CHANGE, GROWTH AND CONNECTION  
AMONGST YOUNG PEOPLE.**  
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“**THE PROGRAM ENABLED ME TO CHANGE AND GROW AND GAVE ME OPPORTUNITIES TO WORK AROUND NEGATIVE EXPERIENCES, AND CHANGE MY BEHAVIORS TO POSITIVE ONES.**”

## **AARON'S STORY**

I'm 22 years old and my care history began when I was 4 years old. Originally I was in foster care, then I went to kinship care and then resi care. I moved out independently when I was 15 years old, however I then ended back in residential care.

One of the first things that I was offered at CREATE was to do Speak Up training. Once I completed that I was offered the opportunity to go to the Voices in Action CREATE Conference in Sydney in 2017. At the Conference the CREATE Your Future program was ran and I completed some of the program. What I had gathered from my experience at doing the program was that it was a really great program. I learnt many new life skills, and in particular developing my traits and trying to work around any negative ones. The program enabled me to change and grow and gave me opportunities to

work around negative experiences, and change my behaviors to positive ones.

I did have reservations about being involved with the program when I was younger and in care because I thought it was something childish or silly, but when I got involved it changed my position because I really learnt a lot of things from the program that have benefited my life. Independence is hard, and I learnt the hard way about it when I moved out on my own at 15. If I would have completed CREATE Your Future earlier it could have potentially helped me retain my independence and household as I ended moving back to resi. I felt locked into a place I couldn't get out of, and I didn't have room to grow.

I'm going to be honest and say the biggest challenge with transitioning from care is being alone. You feel like no one is there to hold your back and it's so hard not having someone there.

I think there needs to be more support for young people in their transition from care and being taught what they need to do and what they can do.

My transition to independence was done with my case worker and was quite fluent. I wish though I had had somebody to keep me on track with things like cleaning my room and doing chores to help get me in that routine. Part of growing up is to be taught a routine and what's involved to keep a household. Growing up in care lacked consistency and someone to teach you those things. You have multiple workers and families and you miss out on those life lessons. Young people need to be shown the necessary skills that are needed to be independent, especially when it comes to things like being social. In residential care the attitude that young people can have is appalling and they are often rude, arrogant and selfish. Looking back, I wouldn't like talking to myself back when I was in resi care. Having done CREATE Your Future I learnt a lot about relationships, and knowing the things I learnt could have helped me whilst in resi care.

Having done CREATE Your Future I can now reflect that one of my negative traits when I was younger was being self-centered. I didn't know that at the time, but it's hit me in the last few years on being an adult. The CREATE Your Future relationships workshop helped me accept how I was and enabled me to get over it and be better. The most important thing CREATE Your Future has taught me is how not to be toxic. Growing up in resi I was toxic, but that's not me anymore. When I was in my late teens I was surrounded by negative people. Through CREATE Your Future I learnt what a non-toxic person does, who they are and how they act. It's about being nice and saying thank you, returning the favour, and not being one sided. I'm implementing what I learnt to be a better person. Having done CREATE Your Future I now understand what isn't a supportive environment and I can take myself out of that situation. It's also about the people you choose

to surround yourself with, sometimes you don't realize that you are being manipulated and guilt tripped. CREATE Your Future helps with techniques on how to avoid unhealthy relationships in the future.

Completing the CREATE Your Future program put me in a reflective mood and improved my self-worth. Before I was involved I didn't actually like my own personality and I didn't know how to mix well with the world. Completing the program helped me see past that and the disagreement I had with myself. It allowed me to progress into the person that I want to be and currently am.

The best part about CREATE Your Future is the ability to learn at workshops and events whilst having fun. CREATE Your Future puts young people in a unique position where they can actually enjoy learning. I know that CREATE makes programs in such a way that everyone is an equal and it's a friendly supportive space. I definitely think CREATE Your Future should be made available to more young people. It should be available to all kids not just kids from foster care as anyone can learn from it.

CREATE Your Future is so beneficial for young people because it can teach them skills that they otherwise wouldn't be taught in a safe, supportive, fun environment that young people need. It helps pave the bridge to success by giving the information needed to survive, and not just survive but be happy. I'm now confident in my skills and experiences, moving on from past regrets, and have a healthy social life friends. CREATE Your Future can and does work.

My advice to young people is to try and keep an open mind and listen, because some young people have their heads closed. We think we know it all and don't need any help, but in reality don't we all need a little help?

## SHARNA'S STORY

I started my care experience in foster care, and was in 5 different foster homes until the age of 2 when I then moved into kinship care with my Grandma. Grandma took kinship care of both myself and my sister and I would have been split up with my sister had my Grandma not taken me in. I moved out on my own when I was 17 but then went back to live with Grandma 6 months later, and I was 24 when I moved out again.

I got involved with CREATE through my sister. Firstly my sister did Young Consultant training and then we went to a Wet and Wild Christmas party together. I got more involved with CREATE after the Christmas party and flew down to Brisbane to do Young Consultant training myself. I didn't really know what it was all about but I got the chance to go to Brisbane and also have free Subway, everything was about food back then!

I took part in CREATE Your Future thanks to a CREATE staff member, Deb. They had a camp and it was about being independent and finding out how to do things that I didn't know how to do like budgeting. The budgeting section in CREATE Your Future was so helpful and it made me be more realistic. I could see how expensive living in a household was and applied the things I learnt to help cope, like getting my power bills monthly instead of quarterly. We also got to do fun things like a drum workshop. I was always happy to go along to try new things with no expectation and I had an open mind. I did the workshops before I was 18 and it was good to learn stuff like how to mop a floor. It does seem common sense to know that but foster kids aren't taught simple things like that. I also liked finding out about what other young people didn't understand as it didn't make me feel so bad for not knowing things.

I was 17 when I went to live on my own and it was a bit rough and I could have done with more support. I was getting Youth Allowance

but it was very hard to budget with such a small amount of money and I had to do things on the cheap, especially with food. When you are earning such a small amount it's really hard as you can't afford things like playing sports. I think the biggest challenge with transitioning from care is finances and having young people understand as they may not be good with finances. A lot of young people with a care experience have had trauma in their life and that could impact their ability to manage their finances. Safe housing is another big thing that young people struggle with, so having someone to talk to them about housing and all the right terminology is really beneficial. We aren't taken seriously so having more knowledge helps us to be more empowered. I know I always wanted to move out on my own and do things independently, most young people do. CREATE Your Future gives you the extra knowledge to have the confidence to do it on your own.

My experience with CREATE Your Future was good and it was interesting meeting young people with similar experiences. It was the first time I got to really connect with other young people in my situation. Being in foster care is a different experience and often you might not know how to do things like connecting the power when you move into a house. The power is just always on at houses so you don't get taught that stuff, so CREATE Your Future was good like that in finding out about those things to make you more independent. I remember one story from a young person, that they didn't know about connecting the power so they were sitting in the dark in their house wondering what had happened. It's so sad to think that foster kids don't get taught that common sense stuff, and a lot of them don't have access to things like google to find out.

The best part of CREATE Your Future is meeting other young people. You can talk about mutual things and you don't feel stupid as they just get what you mean. They've all had similar experiences it's great learning from them and how they coped. CREATE Your Future



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**CREATE YOUR FUTURE GIVES YOU THE EXTRA KNOWLEDGE TO HAVE THE CONFIDENCE TO DO IT ON YOUR OWN.**

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connected me to young people and it made me realize that there are other people out there like you with similar experiences. It was good being taught general life stuff that you may have not been taught in foster care.

CREATE Your Future is great for young people because it teaches such a wide variety of skills. If you are in care not everyone has the knowledge you need for life and we aren't taught common sense things. It's good being taught general knowledge from someone other than your carer as often we don't listen to them. It helps to hear it from someone else, and someone who sees you as just a person and as an equal. At the workshops everyone understands what you have been through and that you might not get it first time round, and it's ok to ask questions on something that you don't know and there is no shame in that.

I definitely think CREATE Your Future should be made more available to young people, because you don't get always taught skills in

foster care placement. CREATE Your Future gives you another chance to learn things that you aren't taught about, and you can't learn these things at school. It gives you the opportunity to meet other people in the same situation as you and you can form bonds with people who listen. CREATE Your Future teaches you usable life skills and it's a lot of fun meeting other young people.

I highly recommend doing CREATE Your Future as you learn life information in a fun way with other young people with a care experience. It helps build relationships and is a supportive learning environment. My advice to other young people is just take as much information that you can in. Be teachable, there are no stupid questions and speak to someone aside if you want to do it privately. Don't feel because you don't know something you're not smart, because the workers will understand that you haven't been taught everything. Take it all in and you'll learn lots of things.

## JUBILEE'S STORY

I'm 19 years old and I was in foster care for 10 or 11 years. Not all my foster care placements were good but there's not much you can do about that. I transitioned to independence in 2018 when I was 18 years old. I got involved with CREATE when I was about 8 years old through one of my foster carers. I went to a Connection Event and pretty much every event after that as I often didn't have a choice. I was pretty much forced to go to all the events, so that's how I got to do CREATE Your Future. After a while when I got older I made the decisions to go or not and I would decide.

I was in a very bad head space when I transitioned to independence at 18. It didn't go amazing and I ended up living with a friend for a couple of months which didn't go well either. It was hard trying to reach out to people. I've always struggled reaching out to people, and contacting people from the department was even harder. I felt like once I had transitioned and was in housing it wasn't a top priority for the department but I still needed help. I ended up in a homeless shelter, and that was really hard as the people there had their own issues such as drinking and smoking and would always cause dramas, I didn't cope very well. I then got a job in Hobart and from there it helped me get my own rental place. Finally I had some security and had my own home. It was so good knowing that I'm stable where I am, and that I'm not going to be kicked out.

I think the biggest issue with transitioning from care is the age. At 18 you're still too young and you don't know how to do it all on your own. That was a big stress for me, for someone fresh out of school trying to find housing was hard, that was a big struggle not having secure housing.

I loved doing CREATE Your Future. It was always made to be fun even for the younger people, and was really interactive and I learnt a lot from it. I learnt about relationships and the differences in them, budgeting, how to make shopping lists and things like that. CREATE Your Future teaches about all the general life stuff that you don't get taught in foster care. I also loved hearing other young people's stories. The best part of CREATE Your Future was the memories I made. I loved hearing other young people's stories, and the friendships I built from the workshops. There is a lot of crazy stuff going on when you are in foster care and on your way to independence, so it was great to meet other people in the same situation as me to keep my sanity.

CREATE Your Future is really needed as a lot of carers don't teach foster kids anything. It's all the simple things, for example I didn't learn how to use a washing machine until I was 17 years old and you need to know all of that when you live on your own. Also things like paying bills, those things need to be taught too. CREATE Your Future is about learning all the simple life stuff that you aren't taught to do in care.

The most valuable thing I learnt from the program was all the stuff about housing which was really good. We were taught how to go about setting up house, and all of the paperwork you have to go through. You learn about signing all the forms, such as tenancy agreements. This is the stuff that you don't get taught. CREATE Your Future helps young people develop skills needed for life. My advice to other young people doing the program is to take notes and make sure you listen, and ask questions.



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## CARLA'S STORY

I grew up in Tasmania and was in foster care from the age of 8 to 18. I was involved with CREATE when I was younger and would go to CREATE events with my siblings, but then eventually I stopped going. When I was 18 I moved out on my own and I attended my first CREATE event as an adult after living independently for a year. I moved to NSW from Tassie when I was 21 and I'm currently finishing my degree studying social science. Eventually I would like to work in youth work or maybe open up my own family day care.

I took part in the CREATE Your Future program when I was 19 as my sister told me about it and I had just moved out on my own. I thought I might as well go and do the program even though I had been living by myself for almost a year by that point. I did it because I felt like I didn't know a lot, I didn't have a leaving care plan, I didn't have any friends, I had zero.

By doing CREATE Your Future I made friends and learnt a lot of things I didn't know about. The program taught me about things like TILA, and made me question what else I didn't

know. It also taught me about Centrelink and how to deal with them, how to iron clothes, and how to contact emergency services. Back then I was using all my savings to stay at student accommodation, but I learnt that I can get access to a lot of things to help me out, such as after care support services.

The best part about the workshops was doing all of the stations where you had to do things such as applying for Centrelink and opening up a bank account by filling in pretend forms. It was a fun way to learn practical things and gave me confidence that I can do this on my own which really helped.

The program helped me to feel less scared and I now know how to deal with situations better, and what I can do if I'm in a challenging situation. CREATE Your Future helps you when you leave foster care and helps in how to map out your future. Even though I wasn't very prepared with my transition out of care I did have a very supportive foster home in my final year of care. However I didn't know how to ask for help back then but I do now. I've found my voice and I am more confident with my life.

By completing the CREATE Your Future program it made me feel heaps better. I wish I would have done it prior to leaving care at 18 but I was happy to do it a year into my independence because I learnt how to improve my situation. I'm a bit sad thinking that I didn't go to more CREATE programs when I was a teenager as I think they would have helped me a lot when I left foster care. I've also been able to help other young people access services and support from what I learnt. I love getting to help other people and I helped my friend access after care support to help him with driving lessons as he had been struggling with that.

The hardest part about transitioning to independence for young people is the age. 18 is too young to be out on your own. In Tasmania they've changed the leaving care age to 21 which I think is a great age. I think if I would have left care at 21 I would have been fine as I had just finished Tafe, I had a qualification and a full time job. When I was 18 I had a lot of anxiety because of the trauma I had faced. It was a really scary time, I didn't have a leaving care plan and I didn't know how to cook or budget, I was still a teenager.

At 18 you're still not old enough to make the right decisions, and we're just not ready. I remember spending my money on luxury items such as cocktail dresses instead of essentials like food which meant I went hungry for a week. I went hungry because I didn't tell my foster family. Otherwise normally my foster family provided me with meals and snacks, I was just too proud this particular time. It's all those things as a teenager that you don't know how to manage. CREATE Your Future helped me come up with my own plan, and looking back now I can see that I have achieved so many of those things I set out to do. The program also made me feel that I wasn't on my own.

CREATE Your Future is beneficial for young people if they don't have a care plan and it might be the only way to find information. By doing the program you are able to get the information needed to leave care, and the extra

knowledge you have the better prepared you are and the better the outcome will be. Meeting other people in the same situation as you is another big benefit. When I was in foster care I often felt alone as none of my friends knew what I was going through. I was often scared and my friends couldn't relate as they were in the safety of their homes and family. Doing CREATE Your Future really helped by providing me with helpful advice and support, and it was a fun way to learn about living on your own.

CREATE Your Future should be made more available to young people because there aren't a lot of resources like it. I feel like there should be more, not just with foster kids but with all young kids because when you think you can move out on your own you don't think of all the little things. It's hard figuring it all out on your own when you first move out and it can be scary, and the program can help you learn small things like cooking and big things like contacting emergency services. For example my house flooded when I was 18 and I didn't know what to do. Having had more knowledge would have helped me deal with that situation. The program helps teach you things you don't think about because how are you supposed to learn unless you have good supportive parents.

By completing the CREATE Your Future program it really helped me gain a voice and I became really passionate about changing things. I made really good friends through doing the program and it also made me feel I belonged. CREATE Your Future helped me mature when I was living on my own, it really improved my life, and I went to university because of it. My advice to other young people considering doing CREATE Your Future is to do it, because I was nervous before doing it but that one workshop changed my life.

“ I WAS NERVOUS BEFORE DOING IT BUT THAT ONE WORKSHOP CHANGED MY LIFE ”



## TAYLA REYNOLDS, SOCIAL WORKER, KEY ASSETS

Key Assets is an international company and we are present Australia wide. I work in Tasmania and my role at Key Assets focuses on the families for life program that attempts to keep children with their biological family by helping parents create a safer environment. Within my role I utilize the CREATE Your Future program and we are scheduled to run our first camps in September.

CREATE Your Future is a program for young people to be able to develop independent living skills whilst enabling them to reflect on what's important to them. The program is delivered in a fun learning environment and teaches young people the necessary skills to be independent. The information is provided in different modules that attempt to teach key learnings so that young people walk away confident understanding their own values, how to stay well, and how to manage social relationships.

What I've seen working at Key Assets over the years is that the biggest struggle for young people transitioning to independence is those children that have been through various placements in their teenage years struggle with long lasting relationships. The lack of continuity in connections and their instability means that their learning capacity suffers. CREATE Your Future fills in the life lesson gaps that they may have missed. It is so beneficial for young people as it assists in their transition to independence by supporting young people to build critical connections. It also provides a positive experience for them to reflect on their time in care.

The CREATE Your Future program positively impacts young people's transition to independence as it helps them to start learning about things that they may have not thought about before. The often regular shifting from placement to placement doesn't provide young people the opportunity to learn key living skills. Undertaking the program provides young people with the opportunity to

learn about skills such as resume writing and job applications whilst also assessing their own values and ideologies. The program is also able to support them to have and learn about social relationships which may not have had modeled to them, and provides various reflective skills and opportunities to help young people develop independent living skills in a fun learning environment.

At Key Assets we are a small service so by running the program it provides us the opportunity to bring young people together from across the state. By delivering CREATE Your Future camps it enables us to teach critical life skills to young people whilst having fun doing things like cooking together, and allowing young people to connect with one and other. Key Assets were keen to purchase this great program as it's so good for young people. Young people in care often have instability growing up as they may not stay in the same placement for the duration of their time in care. The instability means that they don't learn the necessary skills to help them be independent.

By Key Assets delivering the CREATE Your Future program we are able to upskill young people to help with their development, and their transition to adulthood.

I loved learning the CREATE Your Future program through the training delivered by CREATE as it was so hands on which is a great, easy way of learning. The training was delivered in a really engaging way with different ice breakers and brain breaks. The facilitators did a great job at the program training, making it intimate and fun, which made me take a lot out of the training.

Nationwide in the whole out of home sector, and particularly in Tasmania, there is a real focus on children's participation. The CREATE Your Future program helps us promote children's participation, and makes sure that we hear children's voices. The program encourages young people to get involved, and helps build skills for the long term for them to live a fulfilled life.



**UNDERTAKING THE PROGRAM PROVIDES YOUNG PEOPLE WITH THE OPPORTUNITY TO LEARN ABOUT SKILLS SUCH AS RESUME WRITING AND JOB APPLICATIONS WHILST ALSO ASSESSING THEIR OWN VALUES AND IDEOLOGIES.**



## **KARA DUNNAGE, YOUTH SUPPORT & ADVOCACY WORKER, YFS**

YFS is a large NGO based in Logan, Queensland and we have a number of programs that include financial counselling, family parent teams, youth links, legal, domestic violence and housing. Our work includes the Transition Phase and the Future Phase as part of the revamped Next Step Plus program where there is a big focus on starting transition planning earlier at age 15 rather than 18. In my role as a Youth Support and Advocacy Worker I help build a network of support around a young person's transition planning and ensure a good plan is in place so they are prepared to leave care by the time they hit 18. Our work is based on a holistic approach to make young people confident and knowledgeable when they leave care.

After completing the CREATE Your Future program training we all thought it was fantastic because it covers all the areas of focus that are in a transition plan in all the different aspects of life whether it's housing, health, financing, employment or education. The included transition checklist is so useful as so often that just doesn't get done, and it ranges from simple ID stuff and then goes into more depth into things such as life skills. We saw great value being able to deliver this program to young people as part of their transition planning. The trainer did an amazing job through Zoom from afar and it was smooth and fun. We loved it as it was so comprehensive and detailed and all the information you need is there. The take away from training is to be prepared when delivering the program and know what you are training as it's all there.

What we are hoping down the track is that we can identify groups of young people that would work together and start using this training with those who we think might need more help. Delivering the program enables us in identifying their support network and mapping out who is in their life when we first meet them, and by the time they leave care our goal is to broaden this network.

The CREATE Your Future program plus all the complimentary materials such as Sortli and Go Your Own Way are all so useful to refer to and recall all the important information young people need in their transition. I have a professional history in case management and supporting young people over the years so I have a holistic understanding of their needs and support areas. The CREATE Your Future program is a really fantastic detailed practical way of understanding all of those critical life skill areas.

My belief is that this program should be delivered earlier, when a young person is 15 and 16 to help them better prepare. It would be great if we could all work together to create regular training opportunities for young people. The program information is all the stuff they need to be hearing at 16 because so many of them self-place and they have limited skills, so we need to get this valuable information into young person ears early.

The biggest challenge I hear for young people in their transition out of care is the lack of information sharing. Young people are often not informed of important information and there is a lack of communication. If young people had access to the CREATE Your Future training it would help bridge those gaps. So often young people don't have access to the knowledge or information needed to successfully transition

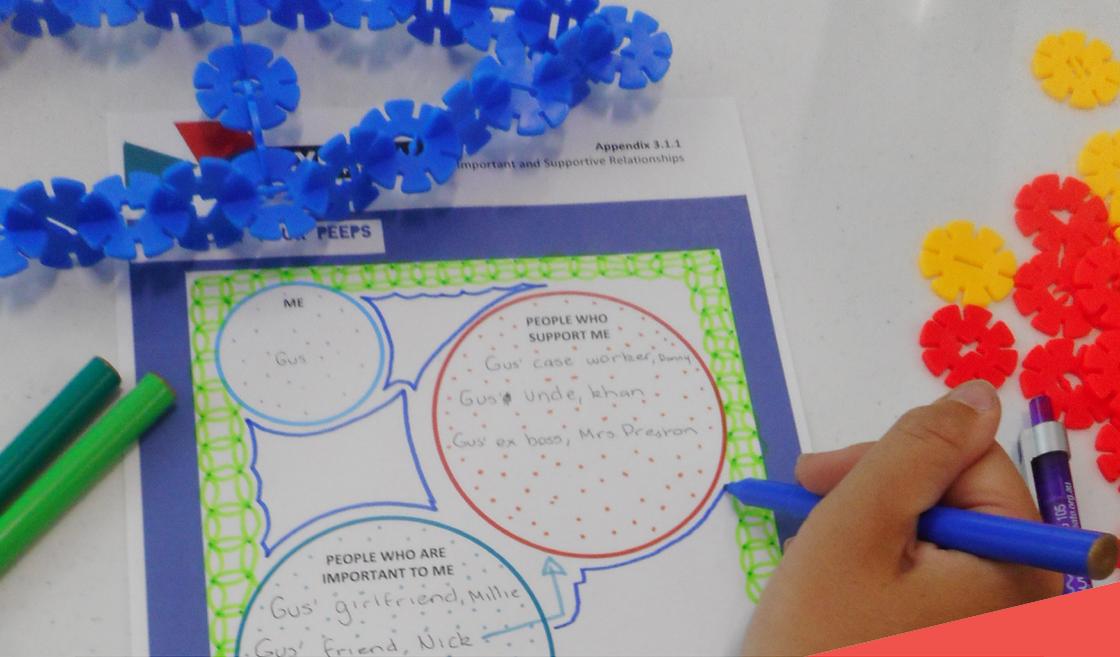


**“ SO OFTEN YOUNG PEOPLE DON'T HAVE ACCESS TO THE KNOWLEDGE OR INFORMATION NEEDED TO SUCCESSFULLY TRANSITION AND HAVING A COMPLETE CHECKLIST MAKES SUCH A DIFFERENCE IN THOSE WHO ARE PREPARED AND THOSE THAT AREN'T. IT MATTERS SO MUCH. ”**

and having a complete checklist makes such a difference in those who are prepared and those that aren't. It matters so much.

A really valuable component of the program is the wellbeing area which was really fabulous, as well as the getting to know your peeps module. The program is so well resourced and there is so much detail in every area with critical information that it's hard to highlight only one good part as it's all so valuable. If we could reach CREATE Your Future to young people early, that's the part we need to work on. The included information is just so valuable and often this information doesn't get passed on because the lack of consistency in care. I think everyone, not just young people from foster care, should be given this manual as part of the

education system. The program is so valuable and is a great resource with life skills clearly laid out. The diversity of the materials included in the program is what we need to see to better support young people's transition to independence.



## KATE CHIVERS, CHILD AND YOUTH SUPPORT WORKER, KEY ASSETS

My role is a child and youth support worker for Key Assets in New South Wales. Key Assets decided to buy a CREATE Your Future program license as we generally wanted to do leaving care better. There were gaps identified in the information we had and we wanted to be able to engage with young people better, before their transition out of care. We liked all of the things that CREATE delivered and produced, and this program sounded awesome.

I recently completed some research on the challenges faced by young people on their transition out of care. One of the things that really stood out for me was often their transition out of care is done when they are completing their HSC. This means that their leaving care planning isn't their main focus and they don't realise what's ahead. This poses a really big challenge for social workers on having those conversations on the skills needed to transition. Young people can only take on

so much at that critical period of time which means things can be missed.

Our aim is to get leaving care information early to young people starting at 15, as the more that is done early the less cramming there is at the end. Starting leaving care planning at 15 is really important as we are able to pace out the learning and build on those necessary practical life skills, which in turn helps build confidence. CREATE Your Future should be made more broadly available, not just for young people with an out of home care experience. None of us know certain things when growing up and the transition to adulthood is hard and young people should be provided the tools to be skilled in all of that.

CREATE Your Future engages young people in the conversation and gets them to start thinking about what they need to learn. The program builds the foundation of essential life skills, and the group learning setting sparks conversations about those relevant skills. The modules included in the program address themes and topics that are a part of a leaving care plan.

The CREATE Your Future program is a tidy way to deliver the information to young people. The program covers the skills needed to transition to independence and the information is provided to young people in an intensive session rather than doing short sessions where things could be missed. The program addresses things that we already do at Key Assets but offers them in a different way as the program is delivered in an active, engaging manner. The program brings young people together which creates connections and this group learning is beneficial as young people are able to provide support to each other. Delivering the program helps us achieve our organizational objectives by better assisting young people to independence.

I really loved completing the CREATE Your Future program training. I connected really well with the facilitators and I loved the way the package was developed as there were barely any worksheets and rather it was mainly delivered hands on. We had a lot of fun doing the training and felt more like a young person engaging, rather than an adult.

We are very early on with delivering the program but we can see a lot of potential for what's going to come. I really see a lot of potential in helping social workers as all the information they require on leaving care is put into a centralised location. Each module can keep social workers on track with what has been accomplished with the young person in their leaving care planning which will help with workloads. The program enables a review of where a young person is at in planning, and you can tick off certain milestones enabling focus on other areas.

After delivering the program we received positive feedback and we hadn't realised how much the young people had enjoyed learning the content, they were really excited to come back for more. The program provides a creative format to engage with young people on learning the necessary skills to plan for their future.

The best part of CREATE Your Future is the relaxed vibe of the delivery. I think no matter who facilitates the program it is developed in such a way that it is going to create that relaxed environment. The program delivery is not that of a traditional learning environment where facilitators are at the front of the room with a whiteboard. Those barriers are removed, and the facilitators are sitting with the young people which builds respect, and young people feel on an equal level. The program also provides multiple options for activities which enables us to choose the activities that suited the situation and young people. It's great to have options to be able to tailor the learning to the individual. When we delivered the program we had six very different personalities it was like the Breakfast Club. But within the first hour friendships were being made and at the end of the day everyone was sad to be leaving each other. The program provided a very intense bonding day and everyone left with a great experience.

Completing the CREATE Your Future program training and now having delivered it to young people has been such a positive experience. It's created a new passion for me. Leaving care is not something that I have worked on previously in the past but having done the training I can see how critical it is and it's subsequently made me advocate strongly for it.

“**THE PROGRAM ENABLES A REVIEW OF WHERE A YOUNG PERSON IS AT IN PLANNING, AND YOU CAN TICK OFF CERTAIN MILESTONES ENABLING FOCUS ON OTHER AREAS.**”

CREATE Foundation would like to sincerely thank the young people for sharing their story. Our thanks are also extended to the workers who are delivering this valuable program. Our hope is to get this program made available to more young people to enable them to reach their full potential.

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To learn more about the program and the steps involved in purchasing a CREATE Your Future license please contact:

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Sydney NSW 2000

 [create.org.au](http://create.org.au)

 1800 655 105

 [facebook.com/CREATEfnd](https://facebook.com/CREATEfnd)

 @CREATEfnd

1800 655 105 is a free-call number that young people in care and their carers can use. However, there may be fees charged if calling from a mobile.





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