

# ADAM DRAKE WORKSHOPS



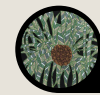
The Balanced Choice workshops with Adam Drake are an invaluable part of our Biyamarr ma traineeship program. Adam works with us every month as young people to make positive choices and helps us with ways to structure our days with a healthy balance in mind. He inspires us to always strive to live our best life and achieve our goals. Adam shares his own personal life stories with us to help us better understand the importance of positive life choices. We get involved with heaps of different games and activities that always have a lesson to be learnt and we always have a yarn to reflect on the activities. Adam brings the best energy to our workshops and pushes us out of our comfort zone in a safe and caring way. These workshops equip us with new skills every time, inspire us and energise us to achieve our best both personally and professionally.

*"It's amazing to sit and learn from all the amazing crew at Menzies and to be apart of building brilliant young leaders." -Adam Drake*





*"I personally come out of the session energized and reconnected. The sessions always allow me to sit in a positive space and be able to opening speak about things. Which I think is very important for young mob especially in this generation." -Tasha Cole*



*"He starts conversations we think about having but never do." -Naja Dyrting*

*"The Adam Drake workshops help me with my self improvement." -Jaylene Friel*



*"Adam Drake encourages me to come out of my comfort zone and now I've become more confident in myself." -Ashanti Berry*



*"Adam Drake gives us time to reflect on work and ourselves in a fun but constructive manner. Each workshop he gives us skills in leadership and we always take away a little bit of strength." -Ethan Wood-Alum*



*"Adam brings an infectious energy to the workshops and really lifts everyone's spirits. He has a unique gift in the way he can encourage everyone to share in a really deep way and gently push us out of our comfort zones. The real value he brings to this program is his ability to inspire everyone to be the best version of themselves and to always be brave. It has been a great way for us all to connect at work on a deeper level to really appreciate our own journeys and encourage each other to be our best in what we do everyday – personally and professionally." -Lydia Agius*

