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#  LEAP 2023 Program Information

Vision Australia’s LEAP (Learn, Engage, Act, Perform) program is an innovative employability and leadership program. LEAP is designed specifically for young people who are blind or have low vision who want to learn new skills and gain confidence to achieve their personal and professional goals. LEAP is an inclusive program that is tailored to each person’s needs.

Traditional education and disability employment services often do not have the expertise in blindness and low vision that young people require to learn new skills in a meaningful way. Vision Australia are experts in vision specific services and support and understand the unique challenges that young people can face.

## The 2023 program

The LEAP program will build a young person’s employability by supporting them to achieve goals across the following domains:

* Choice and control
* Work
* Social and community participation
* Relationships
* Daily living
* Lifelong learning
* Health and wellbeing

Participants graduate with important skills and insights in emotional intelligence, relationships, conversational skills, personal presentation, and technology. They also graduate with a personalised resume and cover letter, which is coupled with their new knowledge in job searching, networking, and job interviewing.

LEAP is a ten-month program running from February to November 2023. It is designed for teenagers aged 14-18 years who are blind or have low vision. Participants can live anywhere in Australia. All young people applying to participate in LEAP 2023 are required to complete a "LEAP-Mini" session before November 1st, 2022. For more information about the LEAP-Mini, visit our [Program Details](https://www.visionaustralia.org/services/children/leap/program-details) page.

Check out our [website](https://www.visionaustralia.org/services/children/leap/register) for additional information and testimonials from our LEAP graduates. You can also watch an audio described video of impressions from previous participants [here](https://www.youtube.com/watch?v=HrP_QlafeOw).

For more information or to register your interest, please complete the [expression of interest form here](https://www.visionaustralia.org/services/children/leap/register) or email LEAP@visionaustralia.org.

Chloe, Vision Australia client

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## Key dates

**Registrations close:** November 30, 2022

**Program starts:** February 2023

**Individual meetings:** Monthly session booked between you and your Vision Australia Service Provider

**Group meetings:** One evening per month for the duration of the program.

## Time commitment per month

The program is designed to operate outside of school hours.

* 90-minute monthly one-on-one sessions with a Vision Australia Service Provider.
* 60-minute monthly group meeting with fellow LEAP participants and Vision Australia Group Facilitators.
* 60-minute weekly independent task completion
* Additional optional and mandatory meetings, depending on month

## Program Delivery

Sessions are delivered by Vision Australia Service Providers via Telehealth. LEAP’s team of Service Providers includes Occupational Therapists, Psychologists, Orthoptists, Speech Pathologists, Physiotherapists, Counsellors, and Orientation and Mobility Specialists.

## Cost

* Appropriate NDIS funding can be used for this program.
* A camp at Vision Australia in Melbourne may occur, depending on interest and health guidance.



Maxwell,

Vision Australia client

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## Monthly schedule

### February

Activities

* Group introduction meeting and setting of a Group Conduct Agreement
* Baseline Survey, character strengths survey and discussion about your strengths, preferences, things that energise you and how this translates to your daily life.

Outcomes

* Understanding the type of career you may be suited to.
* How your character strength impacts your life.
* Meeting your peers in the program

### March

Activities

* Watch video on being a Gen Z in the workplace. Followed by discussion and questions about the video and your mentor preferences.
* Introduction to the idea of fundraising
* Boost your tech skills: emailing, calendar management, and what technology can offer you.

Outcomes

* Understanding how employers may see you as the “younger generation” and what this means.
* Understanding what you need in a mentor and why this is important.
* Understanding how technology can support you to achieve your goals, email etiquette, time management, and planning.

### April

Activities

* Learn about fundraising and brainstorm ideas.
* Introduction of the “elevator pitch” and demonstrate how to be proactive in life.
* Identify your personal values
* Technology session: exploring if your device is meeting your needs and learning how to use your device effectively.

Outcomes

* Creating a plan for your fundraising project and what support you might need to achieve the goals.
* Understanding how your personal values are expressed through your life and actions.

### May

Activities

* Complete your fundraising project plan
* Learn how to have hard conversations

Outcomes

* Understanding how a coach or a mentor can assist you to navigate your life choices.
* Develop confidence in discussing difficult subjects

### June

Activities

* Voice Coaching.
* Learn about personal branding

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Outcomes

* How to make an impact with your voice and how to like your voice, know when and how to speak in groups and public presentations.
* Understand the concept of a personal brand.

### July

Activities

* Learn the importance of a resume, how to create one, and what to include.

Outcomes

* Skills to develop your resume and job searching skills.

### August

Activities

* Networking, resumes, cover letters, job advertisements, and mock interviews.

Outcomes

* Understanding networking.
* Preparing a resume and cover letter.

### September

Activities

* Preparing your job application for mock interviews.
* Vision Australia camp: dependent on interest and health guidance.

Outcomes

* Undertaking a mock interview.
* Personalised feedback from Vision Australia employment consultants.

### October

Activities

* Emotional intelligence: reflecting on priorities, values, and behaviour.
* Preparing for final presentations.

Outcomes

* Getting to know yourself and liking yourself a little bit more.

### November

Delivery of final presentation (via Zoom) to fellow participants, family, friends, and Vision Australia staff. This is the culmination of everything participants have learned during their time in the LEAP Program.

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Amish, Vision Australia client