

set.  
FOR  
LIFE



PROGRAM



[WWW.MCCBRISBANE.ORG](http://WWW.MCCBRISBANE.ORG)



# SET FOR LIFE?

Life has so much to offer! The big question everyone will ask in their life is, "What is my purpose in LIFE?" or, "What am I here for?"

**"THE DIFFERENCE BETWEEN WINNING AND LOSING IS MOST OFTEN NOT QUITTING"**

**WALT DISNEY**

It is something everyone will need to discover on their journey. Youth have so much potential and energy. When guided and inspired they will be able to tap into their ultimate potential and set forth on their dreams.

**"THE BIGGEST RISK IS NOT TAKING ANY RISK... IN A WORLD THAT IS CHANGING REALLY QUICKLY, THE ONLY STRATEGY THAT IS GUARANTEED TO FAIL IS NOT TAKING RISKS"**

**MARK ZUCKERBERG**

The **Multicultural Community Centre** is committed to assisting Culturally And Linguistically Diverse (CALD) Youth ages 15-24.

We have been running "**Set for Life**": a project aimed at motivating students from years 10, 11 and/or 12 to pursue a career pathway that will lead them to success.

We do this through **a series of presentations** (1, 2, 3 or 4 sessions of 30-40 minutes each). These can be spread out over a couple of weeks or delivered during one school day.

**"YOU MUST EXPECT GREAT THINGS OF YOURSELF BEFORE YOU CAN DO THEM."**

**MICHAEL JORDAN**

We can tailor a plan to meet the specific needs of students including **refugee / international / ESL students**. Any of the following topics can be delivered.



# LEADERSHIP PROGRAM

## Suggested Topics:

- **Leadership training:** Influence, leadership styles, personal productivity, personal development, self-awareness, etc
- **Finance:** Sessions from a qualified financial planner
- **Conflict management:** Communication strategies for deescalating conflicts
- **Success stories:** powerful examples of people overcoming obstacles
- Workshops on **Employability Skills:** Resume Writing, Interview Tips, Dressing Code for Interview and Work, etc
- **Identity:** Growing Self-Esteem
- Being a **Team Player:** Teamwork and Building Positive Relationships
- **Talks** from Professionals with a Refugee Background about their professions and how they got to where they are today

# VIDEO RECORDING PROGRAM

Music is a great part of every culture. Unfortunately, not every culture's musical expression is recorded for future generations.

The Multicultural Community Centre is offering basic training for CALD youth (15-24 years old) to learn video recording skills.

By the end of the program the participants will be able to record their own performances (e.g. band session, dance, etc) in order to promote their own cultural background to the future generations.



The Video Recording Program is made up of the following sections:

## VIDEO SECTION

2 or 3 sessions dealing with these topics:

- Capturing the Action up close
- Camera angles
- Setting up a camera/tripod
- Matching visual perspective to audio
- Cinematography/basic framing etc
- Backdrops
- Different camera systems (Canon, Sony, etc)
- Lens Choice
- Color Grading
- Screen Resolution



## AUDIO SECTION

2 or 3 sessions dealing with these topics:

- Hooking up a mixer
- Selecting the right mic for the job—table, clip/body, or boom (Using wireless mics)
- Hiding mics (for interviews, etc)
- Audience mics techniques
- Capturing the action up close
- Dealing with background noise
- Reducing rumble, wind noise, and hiss in post production





**FOR MORE  
INFORMATION...**

**SET  
FOR  
LIFE**

07 3257 1868  
setforlife@mccbrisbane.org  
23 Foster St Newmarket



Multicultural  
Community  
Centre