

Guest Speaker



This exercise can be tailored to bring in a guest speaker to talk about any subject.

The Goal: A guest can bring an outside perspective on the problems that can help students see issues from a new light—it equips students with new ways to approach the thing with which they are struggling.



Materials: Dependent on how you tailor this exercise.

Step 1: Find a speaker who can speak on a topic that seems relevant to your students (i.e. self confidence, relating to others, sense of self).

Step 2: Bring the speaker in. S/he can be woven into any of the other exercises, or this can be a stand-alone topic on a certain issue.

An Example: If your students particularly struggle with negative self-image, bring in a speaker to address that. The speaker could have expertise on how to promote positive body image, or positive self-talk.

TIP: Use the [DISC and Motivators](#) of your group to help prep your speaker. Are your students [High D's](#) who want to be spoken to directly and firmly? Are they motivated by [Social](#) and therefore want to know how they can use this information to help others?

RAMP (ASCA) Mindset & Behaviors addressed and developed:

The ASCA Mindset & Behaviors addressed depends on what the speaker presents to the students.