



Guest Speaker

This exercise can be tailored to the guest speaker and the topic they choose to discuss with the class.

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:
Depends 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: Invite the speaker into your classroom. S/he can be woven into other exercises or can be a stand-alone activity about a certain issue.



Example: *If your students particularly struggle with negative self-image, bring in a speaker discuss reframing techniques to cultivate positive mindsets. 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.