



# 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.*