

# Program Opens New Doors

**Inner Western Courier May 2004**

In just five days, Glebe's Rhiannon Kennedy has gone from being a troubled teen who didn't know what she wanted in life to a self-sufficient young lady with all the confidence in the world.

The 16-year-old recently participated in an innovative five-day mentoring project run by the Life Changing Experiences Foundation.

Sister 2 Sister was designed by life coach Jessica Brown to help teenage girls, aged 13 to 18, who have experienced personal difficulties and tough circumstances in their lives.

"We learned about skin care, make-up, hair and nail care, dining etiquette and posture," Rhiannon said.

"There were special guests who talked about confidence, self-esteem, goal setting and how to survive job interviews.

"I actually had a job interview recently, and felt a lot more confident with the tips they had given."

Rhiannon was nominated for the course by her counsellor from Glebe High School.

"In 2002 my sister had a drug habit, she overdosed and now has a brain injury," Rhiannon said. "I don't think I coped well with it and only just realised it this year."

She said the course changed her in many ways, and her outlook on life has become a lot more positive.

"It has changed my life. Before I did the course, people would ask me what I wanted to do with my life and I never knew.

"Now I know exactly what I want to do. I want to enrol in TAFE and do a beauty therapy course in July.

"I also don't hang around the people I used to and I don't do the same sorts of things either. I used to get into trouble and fight with my Mum."

Rhiannon's Mum Moerangi has also noticed a big change in her daughter.

"Rhiannon definitely changed after what happened, she just didn't know how to deal with it, she said.

"She's become a lot more confident and happy, and our relationship is also better."

At the end of the course, the girls had a graduation where they gave a speech on obstacles faced in life and their future path to success.

“I spoke about the person I admire most and spoke about my Mum,” Rhiannon said. “I made all the girls cry and all our make-up rubbed off.”