










Youth Building Skills Program with





Learn. Build. Grow.

-  Friday's, Feb 13 – Apr 4
-  3:45 pm – 5:30 pm
-  19 Vipond Road, Stanmore Bay
-  Cost: \$60 per session, with scholarships available

Join us for 8 weeks of hands-on building experience and life skills.

-  Tool safety & carpentry basics
-  Understanding plans & measurements
-  Client communication
-  Teamwork, mental toughness & resilience.
-  Sustainable building ideas

-  Build projects, build skills, build your confidence!
-  Finish with a celebration & showcase for family and friends.

Spaces are limited — message us now to reserve your spot!

**8-Week Session Outline**

February 13 2026

****Week 1 – Health & Safety / Mental Toughness Intro**** 🧑‍🚒

- Icebreaker & group intro
- Safety gear demo & hazard hunt
- How to stay calm under pressure
- Mini Task:

February 20 2026

****Week 2 – Setting Up Workstations & Organisation**** 🔧

- Efficient layout of tools
- Lifting & handling safely
- Mental resilience activity: problem-solving game
- Mini Task: Quick station setup challenge

February 27 2026

****Week 3 – Client Interaction & Professionalism**** 🤝

- Greetings & introductions
- Listening skills & asking questions
- Resilience tip: handling difficult clients politely
- Mini Task: Roleplay & record 'client meet' video

March 6 2026

****Week 4 – Measuring & Marking Accurately**** 📏

- Tool intro: tape, square, level
- Measurement relay challenge
- Resilience tip: learning from mistakes & re-measuring
- Mini Task: Measure and mark timber for cut

March 13 2026

****Week 5 – Basic Carpentry Skills**** 🪚

- Sawing, hammering, simple joints
- Build a small project (e.g., planter box)
- Mental toughness: completing under time pressure
- Mini Task: Practical build

March 20 2026

****Week 6 – Tool Maintenance**** 


- Cleaning, sharpening, safe storage
- Spot-a-fault tool activity
- Resilience: persistence in upkeep
- Mini Task: Clean & store 3 tools

March 27 2026

****Week 7 – Building Plans & Teamwork**** 




- Reading and drawing plans
- Team design for mini project
- Resilience tip: staying on task as a group
- Mini Task: Draw plan and start small build in pairs

April 3 2026

****Week 8 – Showcase & Celebration**** 

- Finish team projects
- Display and present work to family/guests
- Reflection: mental toughness wins & challenges
- Mini Task: Present project & group photo

Mental toughness aspect

Gotcha  — you're talking about ****mental toughness tasks inspired by Andy Frisella's approach**** (like his **75 Hard** and general mindset principles) but ****adapted safely and appropriately for youth****  .

Frisella's style is about ****discipline, accountability, physical and mental challenges, no excuses**** — but for youth we'll tweak it so it's achievable, fun, and builds resilience without being overwhelming.

Passing the Torch: My Journey and New Program for Young Builders

My name is Kiel Marshall, I'm 41 years old, and I'm the director of ****Kiel Marshall Builders****, a company I've proudly operated for the past 11 years. More importantly, I'm a father to two amazing daughters — Isla (10) and Sasha (8).

Since my girls were little, I've had a strong passion for teaching. I noticed early on that they were unusually aware, curious, and practical-minded compared to many children their age. We

loved spending time together painting, building Christmas decorations for the house, and even using cordless drills — under my close supervision, of course.

Watching them create and seeing how proud they were of themselves was an incredible feeling.



Not all children have the opportunity to have a Dad like me, where I involved the girls in everything I was doing.

As a business owner, however, the last few years have been challenging. Hiring apprentices, training them well, and still keeping the company profitable hasn't been easy. When financial pressures are hanging over you, it's difficult to be the mentor you want to be.

But as I've gotten older, I've realized just how much we need young people to take up the torch and carry our industries forward. That led me to a mindset shift — and the creation of a new program to teach, guide, and inspire the next generation.

I'm a big believer in mental toughness. I've faced plenty of personal struggles and fought my way through them. Last year, in fact, I completed Andy Frisella's ****Live Hard Program**** while recovering from serious shoulder surgery — all during one of the toughest economic periods my business has ever faced.

My approach to this program is simple: I will be hard but fair. Discipline, resilience, and adaptability are the foundation stones of any successful career — especially in the trades.

Outside of work, I live a simple, healthy, and adventure-filled life. Every May, I travel to the United States to go storm chasing 🌪️. I also keep active with mountain runs, surfing, and skiing. The thrill of embracing new challenges keeps me sharp — and I see this program as my next big adventure.