Hello!

I’m Genee Bright

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Welcome to "Adulting" 101
What is Adulting?

Adulting is slang millennials (anyone born between mid 1980s to early 2000’s) use to describe behaviors that involve anything an adult would do in everyday life; from doing laundry, getting out bed to go to work, to paying bills, cooking, sewing, cleaning etc.
“Adulting is something you do. It is not something you are.”

- Kelly Williams Brown

*Adulting: How to Become a Grown-up in 535 Easy(ish) Steps*

This isn’t the only text out there about this subject, but it does cover a variety of “adulting” topics.

Some other books about adulting that I enjoyed:

- *Adultolescence* by Gabbie Hanna
- *Adulthood is a Myth* by Sarah Andersen
- *Almost Adulting: All You Need to Know to Get it Together (Sort Of)* by Arden Rose
- *Unfuck Your Adulting: Give Yourself Permission, Carry Your Own Baggage, Don’t Be a Dick, Make Decisions, & Other Life Skills* by Faith Harper
What can Adulting 101 help with?

Adulting 101 can advise and inform teens about life skills that isn’t ordinarily instructed on, at home or in school.
Objectives of an Adulting 101 program:

You want your program to:

- Have real world application
- Give young adults some tangible skill or knowledge
- Be easily understood and relevant
Some of my adulting workshops Topics have been on:

- Sewing Basics
- How to Tie a Tie
- Finding A Doctor Using Zocdoc
- How to Treat Yourself
- Emergency Preparedness

Links to some presentations I’ve done:

Let's Talk About Your Money for Teens
Welcome to Adulthood!!

It’s going to be awesome.
Thanks!

Any questions?