

THE CLASS OF 2009!

I THOUGHT I WOULD SHARE MY THOUGHTS ON THE COURSE
I'VE PRACTISED ASSERTIVENESS TILL I GOT HOARSE
MY CONFIDENCE & SELF ESTEEM THEY WERE LOW
AND SO I THOUGHT 'WHY NOT GIVE SPRINGBOARD A GO!'

SO MARIE DISHED OUT THE 'BIG PURPLE BOOK'
HER STUDENTS ALL SHRIEKED & GAVE HER A LOOK
VERY FORMIDABLE, I HAVE TO SAY
BUT NOW USED AS A BIBLE BY WHICH WE ALL PRAY!

SO WE OPENED OUR TEXT & STARTED TO READ
THE WORLD THAT WE LIVE IN, WHO AM I INDEED
DISCUSSING ANXIETY, MANAGING STRESS
IT WAS BLOODY HARD, WORK I HAVE TO CONFESS

SO WHAT HAVE I GOT GOING FOR ME
WHEN SHE ASKED ME THAT QUESTION I WANTED TO FLEE
'POSITIVE THINKING' WHAT THE HELL'S THAT
IF I GET THROUGH THIS COURSE I'LL INDEED EAT MY HAT!

DEALING WITH CHANGE & SENSE OF DIRECTION
WE STOPPED AT 10.30 FOR TEA & CONFECTION
MEDITATION & HOW TO RELAX
BY 4.30 THE CLASS WERE ALL FLAT ON THEIR BACKS!

GETTING TO KNOW WHO YOU REALLY ARE
WHO DRAINS YOUR ENERGY, WHO'LL GET YOU FAR
QUALITIES, STRENGTHS & TRANSFERABLE SKILLS
WHY HAS NO-ONE INVENTED ASSERTIVENESS PILLS!

YES, THAT BIG WORD THAT MEANS YOU HAVE TO ACT
AS IF CHALLENGING SOMEONE IS MATTER OF FACT
YOU KNOW, WHEN THE PALMS OF YOUR HANDS GO ALL SWEATY
AND YOU WISH YOU COULD CALL ON YOUR DEAR OLD AUNT BETTY!

BUILDING YOUR IMAGE & SAYING 'I'M HERE'
SETTING YOUR GOALS AS YOU MOVE UP A GEAR
TIME TO SAY 'NO' TO THOSE WHO ARE BOSSY
GONE ARE THE DAYS OF BEING A 'FLOSSIE'!

NOW WE'VE BEEN EQUIPPED WITH THE TOOLS THAT WE NEED
TO GET WHAT WE WANT WITHOUT LOSING THE HEID
WE'VE LISTENED, WE'VE LEARNED, WE'VE DONE OUR ROLEPLAY
TIME TO MAKE A FRESH START AND DO IT OUR WAY!

SO WE ARE THE CLASS OF LORETTO '09
WITH SO MANY TALENTS THAT WE CAN COMBINE
I CAN ONLY DESCRIBE SPRINGBOARD AS A GIFT
AND THANK MARIE KANE FOR PROVIDING THE LIFT!