

Launch Collective

A Hybrid Social Enterprise for Young People,
Families and Professionals

Therapist Information



Launch Collective

COLLECTIVE STRENGTH • DIVERSE JOURNEYS
PERSONAL GROWTH

Why Launch Collective Exists

Young people are facing unprecedented challenges, and the systems around them are stretched.

01

Challenges Young People Face

- Loneliness and social isolation
- Anxiety and mental health challenges
- Struggling to find where they belong
- Barriers to employment, education and independence
- Neurodivergent experiences that are often misunderstood
- Limited access to affordable, youth-focused support

02

Systems Under Pressure

- Therapists and schools face rising demand
- Families are stretched and under-supported
- Community organisations have limited capacity
- Too many needs are going unmet

03

Bridging the Gaps

Launch Collective was created to help bridge these gaps.

We extend support beyond traditional services into everyday opportunities for connection, purpose, learning and growth.

Collective Strength. Diverse Journeys. Personal Growth.

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- Everyone deserves someone who listens and sees the real them
- Every journey is different — and that’s a good thing
- Growth happens when you feel safe, supported, and valued

WHAT WE BELIEVE



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Our Mission

Our Purpose

We bring together groups of all kinds to combat loneliness, build purpose, and encourage growth — across young people, parent support groups, independent therapists, schools, and other youth-focused organisations.

Our Activities

A community of practice for professionals supporting the wellbeing of young people aged 12–30 — through evidence-informed counselling, coaching, workshops, and take-home challenges. We train therapists and practitioners, create inclusive in-person and online spaces (e.g. D&D, tabletop gaming, trivia, art, etc) and run therapeutic support groups for specific challenges.

Our Approach

We operate collaboratively, recognising young people as the experts in their own lives. Our role is to support them as they navigate their growth journey — because it truly takes a village.

Our Values

Fiercely inclusive of minority groups — First Nations, Neurodivergent, LGBTQI+, Disabled, and Culturally and Linguistically Diverse people — and anyone who struggles to find a place they belong.

Our Hybrid Social Enterprise Model

Community Impact Arm (Not-for-Profit)

- Accessible youth wellbeing programs
- Community connection initiatives
- Scholarships and subsidised support
- Partnerships with schools and community organisations
- Programs for vulnerable and marginalised young people

Funded by grants, philanthropy, community partnerships, and government initiatives.

Training & Professional Services (For-Purpose)

- Therapist training, professional development and business support
- Supervision and mentoring
- Counselling and coaching for young people
- Parent education and support groups
- Workshops, presentations, and consultancy
- School wellbeing programs
- Resources and practical tools

Revenue generated here is reinvested to sustain and grow the Community Impact Arm.

Why therapists want to be a part of Launch Collective

What you gain as a member

- Access to training on specific tools that have been developed and refined that are demonstrating proven resonance and breakthrough with young people
- Ongoing group mentoring and collaboration
- Advertising for your private practice
- Access to other therapists from a range of mental health backgrounds and experiences
- Personal support from other private practicing Mental Health professionals regarding running a business
- Support to set up and run activities for your clients
- Opportunity to be part of new initiatives across Launch Collective working with other youth orientated groups such as schools, sporting clubs, etc



Therapist Training

Training runs over five days — consecutive or staggered to suit each group — with small numbers so there's room to practice and role-play together. Each module is designed to complement your existing toolbox; not replace the methods and specialties you already use.

Day	Topics	Time
Day 1	Launch Collective Overview, Neurodivergence Overview, Autism (incl. profiles) Deep Dive, ADHD Deep Dive, Executive Functioning, Supporting ND Young People & Families	6 hrs: 10am–4pm <i>plus 1 hr breaks & networking</i>
Day 2	Life Map, Anxiety, Rejection Sensitivity, Trauma, Depression – People & Purpose, Suicide & Self-Harm Safety Planning	6 hrs: 10am–4pm <i>plus 1 hr breaks & networking</i>
Day 3	Self-Esteem, Shoulds, Perfectionism, Mistakes vs Consequences, Rumination, Body Image, Gender & Sexuality	6 hrs: 10am–4pm <i>plus 1 hr breaks & networking</i>
Day 4	Anger Management, Friendship & Social, Setting Boundaries, Impact Assessment, Family Sessions	6 hrs: 10am–4pm <i>plus 1 hr breaks & networking</i>
Day 5	Goal Setting, Problem Solving, Study Skills, VCE War Plan, Work: Resume, Applications & Interviews, Launch Collective Certification	6 hrs: 10am–4pm <i>plus 1 hr breaks & networking</i>

Therapist Eligibility

All Therapists Must

- Be in private practice or work for a not-for-profit (school, university, community health, etc.)
- Have access to their own space with a whiteboard, or online tools for client visuals
- Hold registration with their governing body
- Have a Working With Children Check and Police Check
- Hold Professional Indemnity and Public Liability insurance
- Sign the Launch Collective therapist code of conduct
- Be neuro-affirming and a queer ally
- Participate in the Launch Collective training modules

Qualifications — One or More

- Bachelor of Psychology / Psychological Science
- Honours, Masters or Doctor of Psychology
- Bachelor or Masters of Social Work
- Diploma, Bachelor, Grad Dip or Masters of Counselling
- Master of Mental Health Nursing / Nurse Practitioner
- Certificate IV or Diploma in Mental Health or Youth Work
- Certificate IV in Alcohol and Other Drugs (AOD)
- Accredited Life Coach course (e.g. Cert IV in Life Coaching Practice)
- Other courses considered alongside relevant experience

Costs for Participating Therapists

Item	Investment	Total
One-Off		
Training	5 days plus tools @ \$300 / day	\$1,500
Recurring (Annual)		
Group mentoring & collaboration (1.5 hrs, monthly)	10 sessions annually @ \$75 / session	\$750
Platform, website & advertising subscription (private practice only)	Monthly subscription @ \$100	\$1,200

Interested? Contact us— info@launchcollective.com.au

What's Next If You're Interested?

Getting Started

- Reach out — let's set up a video meet to see if we're a good fit.
- Email info@launchcollective.com.au with your resume or complete the form on our website <https://www.launchcollective.com.au/professional-training-support>.
- If it's a good fit, we'll get training underway and find you a group to start with.
- Get your imagination firing — what special skills or ideas could you bring to the Collective?

“The most difficult thing is the decision to act, the rest is merely tenacity.”

— Amelia Earhart

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"Rarely do you get professional learning that is immediately translatable into practice with supporting resources as well as being rich and engaging. Nat's expertise and passion for helping young people to grow and thrive infuses everything - including the creative techniques that she has co-developed with clients - and is inspiring to experience."

Tim Lambert



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