

Preventative Wellbeing Programs for Schools

Student workshops and staff professional development workshops in Relationships and Community, Resilience and Career Transitions.



Relationships and Community



Supportive / Fantastic Friends

...equips students with tools to help them be mindful of and support other students at school, including how to pass on big issues to adults.



Peer Support

...older students support and work with younger students to help strengthen school communities and ensures a greater support network within the school.



Peer Mediation

...helps students identify issues amongst peers and teaches students skills and guidelines for resolving low-level conflicts.



Leadership

... for school leadership groups to develop leadership skills, understand the responsibility of leadership and implement school and community initiatives.

Resilience



Shut the Duck Up

...teaches students to **challenge negative self-talk** and behaviours and build strategies to enable performance under pressure.
(Developed by the Business Olympian Group)



Make up your Mind

...an education program around the effects of **drugs and alcohol**, harm minimisation and pathways for support and treatment for young people and their families.
(Developed in collaboration with First Step)



Cyber Savvy

... provides students with a meaningful and holistic approach to digital interaction to help them safely navigate the **online world** with awareness and empathy.
(Developed in collaboration with Cyber Safe Kids and Common Sense Media)



Revved Up

...works with students to help them identify personal triggers for **anxiety or anger** and how to more effectively manage reactions and responses.



MPower Girls

...explores **how girls relate** to one another, including the issues of bullying and cliques, how to be assertive and how to have empathy for each other.

Materials in each area can be tailored to meet the needs of your school.

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Career Transitions



...Student Transition Education Programs, educates students on the **job application process and workplace skills** to assist in transitions from school to further education and/or employment.



... iPrep Mock Interviews provides students in years 9-12 with the opportunity to have **mock interviews with a volunteer employer** and learn through valuable feedback.



... Parents as Career Transition Support, provides parents/carer with information about educational pathways to enable them to support their children in career transition decisions.



... Industry Xplorer highlights **opportunities for students within industry areas**, including career and education pathways, through tours, guest speakers and forums.



... Wheelly Good Coffee provides **hands on experience** and accredited training including Barista and Safe Food Handling at school or in our cafe

Relationship, Community, Resilience & Career Transition Costs



Our experienced facilitators can visit your school and deliver workshops directly to student groups:

- Full day student workshop for up to 25 students = \$1350
- Half day student workshop for up to 25 students = \$990

All workshops include student and teacher resources



Career Transitions:

- STEPS – Initial Workshop \$300
- IPREP Mock Interview Program – \$310 for up to 20 students
- PACTS - \$600 full delivery or \$400 shared delivery (co facilitated)
- Industry Themed Tours - \$350 max of 15 students
- Industry Xplorer Program – 6 to 9 week program \$3,100 based on 20 students
- Wheelly Good Coffee –\$300 for up to 10 students

Contact Us

For more information, or to book any of our programs or services, please contact us at:



<http://www.youthconnect.com.au>
Email: info@youthconnect.com.au



03 8306 6300



2A Station St
Moorabbin, VIC 3189