

LET REACH INSPIRE YOUR STUDENTS WITH A DAY THEY'LL NEVER FORGET!

Heroes Days are large scale, high-energy workshops for year 9 students, providing them with a unique opportunity to challenge themselves, explore their lives and speak their truth.

Heroes Days engage up to 500 students at a time in a day of interactive, experiential learning. Using contemporary culture including music, film, dance and performance, themes such as peer respect, authentic expression and leadership are explored.

Fundamental to the days are the inspiring stories told by real life heroes. These stories encourage participants to reflect on their own lives and potential for greatness. The participants themselves then become the inspiration for the day, as they learn more about themselves and discover the strength to live their dreams.

Some of the outcomes of Heroes Days include improvements in self-esteem, confidence and resilience, positive peer group shifts within the year level and improved communication between students, their teachers and families.



'Everyone that stood up to speak their mind inspired me.'

Michaela, Year 9 student

'I have never been witness to such a seismic shift in energy in young people.'

Julie, Parent

For over 15 years Jim Stynes and the Reach team have delivered Heroes Days to thousands of young people through out Victoria. Heroes Days are now delivered by our highly skilled Reach Facilitators and young leaders, who have been trained by Reach in presenting the days and facilitating and supporting students in the program.

WANT MORE INFORMATION?

Heroes Days are staged in various locations across Victoria throughout the year. For more information or to book please see contact information overleaf.

ABOUT REACH

Reach encourages young people to dare to dream – no matter what their circumstances.

Each year over 57,000 young people experience Reach across Australia through workshops, weekends away and large-scale events. Over 5,000 of these were through our engaging and memorable Heroes Days. Independent research shows that Reach helps young people improve self-esteem and gain a greater sense of control over their lives.



HEROES DAYS BOOKING FEES

Heroes Days cost \$5 per student

An invoice will be sent to you prior to the program commencing

SUPPORT AND FOLLOW UP FOR YOUNG PEOPLE

The purpose of Reach Heroes Days are to create a safe space where students feel comfortable to express their feelings freely. Given the multitude of potential factors contributing to lowered self-esteem and confidence, students may choose to raise and discuss sensitive topics such as divorce, trauma, substance use, depression etc.

It's common and quite normal for students who have chosen to express themselves to have emotional or physical reactions (e.g. crying). These reactions may continue after the workshop. In most cases, students find this to be a cathartic experience. Although the symptoms may appear concerning, they are part of the natural healing process and most students will require no more than understanding and support from peers and teachers.

Occasionally however, professional follow-up may be necessary due to the nature of the topic raised by a student. It is, for this reason, that we require schools to ensure that a school counsellor, welfare coordinator, psychologist or pastoral care worker attends the Heroes Days.

Members of the Reach Youth Support team are present at all Heroes Days and are available for consultation by school counsellors, psychologists, welfare coordinators or pastoral care workers if required. The Reach Youth Support Team can be contacted on (03) 9412 0900.



Don't miss this opportunity for your students to experience a truly unique and rewarding program

To learn more about Reach Heroes Days contact **Krizanne Cuffe** on (03) 9412 0925 or krizanne.cuffe@reach.org.au

To book your school into a Reach Heroes Day complete the enclosed booking form and return to:

Krizanne Cuffe
FAX: (03) 9416 2230
or POST: 152-156 Wellington St Collingwood VIC 3066

To learn about other Reach programs check out www.reach.org.au