

**Reach's Secondary School workshops can dramatically change the classroom dynamic – creating an environment of awareness and mutual respect.**

They are a powerful complement to your school's social and personal training curriculum, providing students with positive and relevant strategies and skills they can apply at school and their everyday lives.

Workshops are delivered at your school for groups of students from years 7-12. A variety of workshops are offered addressing the specific issues relevant for each year level, however we understand that every classroom is different and certain workshops may be more relevant for yours. Feel free to get in contact to discuss this.

## Content

For class groups up to 70

### Goals, Dreams and Motivation:

With self-belief and confidence, participants are encouraged to identify their passions and dreams and understand the importance of goals in developing self-motivation.

## Outcomes

- Gained awareness of individual behaviour and its impact
- Deeper understanding of personal values
- Increased confidence and self-belief
- Increased positive self-expression
- Identifies strategies to overcome limiting beliefs
- Greater ability to communicate and express self to others
- Higher resilience
- Increased feelings of passion and motivation

## Wellbeing support framework

Underpinning the design and delivery of all workshops is a framework of professional wellbeing support, to ensure emotional safety and positive youth connections.

Reach's professional Wellbeing team connects with your school's wellbeing staff prior to workshops to understand the needs of individuals and the whole class/cohort, and to enable responsive follow up. The team will also assist staff to determine the appropriate follow-up for individual students if necessary.

### Contact Details

#### VIC

Workshops team  
workshops@reach.org.au  
03 9412 0900

[Click your location to book a workshop](#)

#### NSW

Workshops team  
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