

# HEROES DAY

## WHO

Year 9 students  
(up to 500)

## WHEN

9:30am - 2pm  
(dates listed on  
page two)

Heroes Day invites up to 500 year 9 students from schools across Victoria to participate in an excursion like no other. The days are high-impact workshops that encourage students to explore their world, challenge their perceptions and find meaning and purpose in their lives. A highlight on the Reach calendar, Heroes Days often book out quickly and are an opportunity your students shouldn't miss!

## About Reach

Being young is not without its struggles. Today's world is pretty complex and young people can experience a bunch of challenges that adults might not be able to relate to. One of the biggest hurdles is just having the confidence and support to be who they want to be.

There are currently over 4 million young people living in Australia, and Reach works with over 40,000 of them a year. We have over 250 of them working for us; designing and delivering workshops in schools and the community. Our workshops are 100% youth-led, from design through to delivery, and the community we create out of these workshops is one that allows for deeper connection, a sense of belonging, and the dispelling of judgements. A preventative, instead of having to focus on symptoms in adult life.

## 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.

## Outcomes

Heroes Day aims to achieve the following outcomes for participating students.

- Reframe the way challenges are perceived and faced
- Build social and emotional skills
- Increase self-awareness
- Develop more meaningful connections with each other
- Develop increased motivation for making positive life choices

## Content

Heroes Day are designed and delivered by a dynamic team of Reach crew, ensuring a relevant, challenging and captivating day for students. This highly experiential workshop uses the powerful metaphor of the 'Hero's Journey' to help young people explore their own lives and reframe challenges they may be facing.

By integrating social media and mobile technology, students can continue to take action and be supported by Reach, after the workshop ends.

To effectively build the resilience and social and emotional skills of students, we highly recommend the workshop combination of Heroes Days for your students, and the Finding Heroes Professional Development workshop for teachers.

### VIC

24 and 25 July

4 and 5 September

**Location:** Collingwood, Melbourne

### NSW

1 and 2 August

**Location:** Hunter Region

11 and 12 September

**Location:** Sydney

### Cost Information

The cost of Heroes day is \$20 per student.

Full payment is required prior to the event.



**“THE FACILITATORS WERE INCREDIBLE. THEY MADE US FEEL SAFE, HEARD AND UNDERSTOOD. IT WAS AN AMAZING EXPERIENCE.”**

**- YEAR 9 STUDENT**

## Workshops for teachers

Finding Heroes is a professional development workshops series for teachers. Designed to complement Reach workshops for students, the outcomes for teachers include:

- Increased confidence in bringing wellbeing content into the classroom
- Ability to apply easily accessible wellbeing tools, resources and activities that have been tried and tested to be used in a classroom context.

**REACH**

Proudly supported by:



### Contact Details

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