



# GROUNDED

## WHO

13-17 year olds

## WHEN

Two workshops per school term.

10am - 2:30pm

Camp in October

Grounded provides an opportunity to explore what young people want from life and set meaningful goals. It supports young people who are boundary pushers and risk takers; or those that are disconnecting socially or from school.

The Grounded workshop creates a space for participants to express themselves honestly, unfiltered, without judgement while developing a greater social and emotional awareness.

## Outcomes

Grounded Workshops aim to achieve the following outcomes for participating students:

- Recognition and exploration of their inherent strengths and potential
- Learn and practice positive strategies for coping with life's challenges
- Build empathy and enhance feelings of meaning and engagement
- Identify goals and encourage recognising and taking positive risks

## 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.

Young people are supported by trained crew and wellbeing professionals in all Reach workshops. Due to the nature of workshops all enrolments of young people are reviewed. This may include a direct call to the young persons guardian.

## Content

While every young person has inherent strengths and potential, not every young person recognises these traits for themselves. The Grounded workshop series and Weekend Away strives to allow participants to see their strengths and develop pathways to achieve their potential.

### Grounded workshop series

Two workshops held throughout the school term.

**10am arrival for breakfast, 10.30am workshop start and 2.30pm workshop finish. (Lunch included)**

Consisting of two workshops, the first in the series creates a safe space for young people to identify and challenge the influences in their lives and the beliefs that can limit their self-confidence.

The second workshop in the series explores judgement and aims to empower young people to connect to their strengths, purpose and potential in order to set positive goals for the future.

### Grounded Camp

The two-day camp is an opportunity for young people to re-engage with the goals discovered in the workshop series and further strengthen their skill-set for positive future action.

**"I LIKED CONNECTING AND LISTENING TO OTHER PEOPLE AND HEARING THEIR EXPERIENCES AND ADVICE. WITH THAT, I LEARNT MORE ABOUT MYSELF"**

**- PARTICIPANT**



## Contact Details

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