

## Reach's Secondary School Workshops continue to explore the themes facing young people at particular stages in their development.

Providing safe and supportive spaces for students to discuss and share their experiences, successes and challenges. These workshops aim to improve resilience and self-belief, enhance social and emotional skills and improve connections amongst the peer group. The Diverge and Legacy workshops have a stronger focus towards future thinking and goal setting beyond school.

## Content

For class groups up to 70

### Peer Dynamics

Explores judgement, confidence and group dynamics, and the impact judgment has on individual confidence and peer dynamics. By recognising the need to create safe environments, this workshop empowers individuals to ask, "What role do I play in creating the class environment?" "Am I making it better or worse through the choices I'm making?"

### Spotlight

Further explores judgement and its impact on self and others. Introduces the relationship between our protection and our true self. The workshop also promotes getting to know the true self of others. "I am open to seeing the true person, or am I stuck with my initial judgements?"

### Locker Room (for male identifying young people)

Acknowledges and challenges society's views of masculinity and the positive and negative impacts of current male stereotypes. There is also a focus on current male issues and how many in the group have similar challenges to conform to unrealistic stereotypes.

### Mirror (for female identifying young people)

Encourages girls to examine the constraints and constructs placed upon femininity and to understand the authentic self that lies beneath these. Creating a sense of unity as women and working towards rewriting the norm of what it means to be a woman.

### Diverge - 90 minute edition

Exposes the uncertainty that young people feel about their future and works to connect the shared challenges that comes with preparing for their career. This workshop aims to embrace adversity as an opportunity for growth and development, and builds on skills necessary for the future of work.

Underpinning the design and delivery of all workshops is a framework of professional wellbeing support, to ensure emotional safety and positive youth connections. ([Click here to find out more](#))

### Heroes Day - 1 day Off campus

Heroes Day is a Year 9 full day excursion like no other. We build Heroes Day like a high energy music festival, but we design the content to get your students thinking about who they are now and how they want to be remembered. All while in a super fun environment and at a really pivotal time in their development. This workshop is focused on the wellbeing of your young person and empowering them to find a greater sense of purpose in their lives, while meaningfully connecting with their peers. It is a truly engaging and inspiring day, with many students walking away with a newfound sense of self and others.

### Thrive (Gender workshops) - 1 day at a School

Thrive is an extended version of Reach's gender focused workshops, Locker Room and Mirror. In this full day workshop held at your school (or at Reach), Reach facilitators will run the split gender workshops in the morning. In the afternoon follow up, the full group of young people will come together to share how their gender identity impacts them and how they can support one another with a new-found lens. Reach is also committed to creating safe spaces for young people who are exploring their gender identity outside of the binary and can work with your school to set these workshops up in a way to make all young people feel included.

### Diverge - 2 day edition Off campus

During the two full-day workshops of Diverge, the awesome Reach crew will help your Year 9/10 uncover their passions and start planning for life after school. The workshops are fun, interactive and full of activities designed to get them thinking about themselves and the things they care about. On the second day they'll get paired up with industry mentors. These leaders will shed some light on how they got to where they are and give advice about how to can turn your passions into an fulfilling career.

### Grounded - 2 days, running each term Off campus

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.