

**Heroes Day asks students one question:**

## WHO ARE YOU?

While a simple question at face value, a truly authentic response requires more from you than you might think.

Heroes Day is The Reach Foundation's largest workshop, bringing together 400 year 9 students from different schools, suburbs and socio-economic backgrounds.

The workshop seeks to help students find their voice, equip them with the essential tools to navigate life's challenges and encourages them to think beyond our everyday assumptions.

More than ever, it is important that young people are prepared for life beyond the classroom.

## WHAT TO EXPECT

- The atmosphere of a high energy music festival
- A day underpinned by the Heroes Journey narrative
- Challenging and captivating moments facilitated by Reach's best
- Activities and presentations that are designed to strengthen emotional intelligence and benefit student's long term mental health
- A supportive environment that encourages students to get out of their comfort zone

### **Who-**

Year 9 students

### **Cost -**

\$40 per student  
(excluding GST)

*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

## WELLBEING FRAMEWORK

Every Heroes Day is supported and underpinned by a team of qualified professionals – our Reach Wellbeing Team. Made up of psychologists and social workers, the Wellbeing team are on hand to support the students should any feelings come up. Either on the day, or following.

## ABOUT THE REACH FOUNDATION

The Reach Foundation is a not-for-profit organisation dedicated to strengthening the mental health of young people. Reach designs and delivers workshops across Australia, to over 40,000 young people a year. Encouraging them to have breakthrough conversations and develop the skills to navigate life's challenges.

Reach workshops are 100% led by young people, who are armed with the kind of insight only another young person can truly grasp. A framework of professional wellbeing support underpins all workshops, ensuring positive connections and safety.

**Click this [link](#) to see a preview of what you can expect**

### CONTACT DETAILS

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