

2025

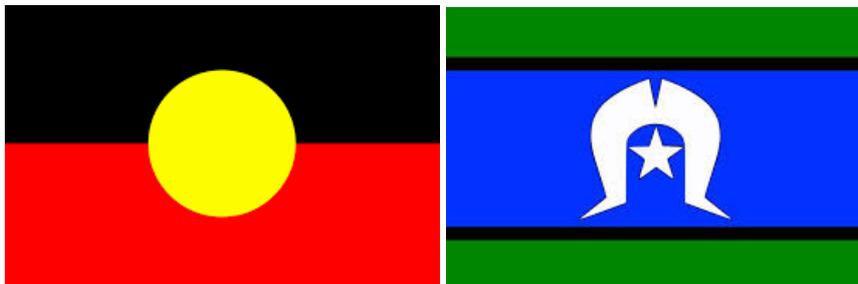
# QUARTER 1 REPORT



REACH

# ACKNOWLEDGEMENT OF COUNTRY

The Reach Foundation respectfully acknowledges the Traditional Custodians of the lands on which we live, work, and play - the Aboriginal and Torres Strait Islander peoples. We honour their enduring connection to land, skies, and waterways, and pay our deepest respects to Elders past and present. We recognise that these lands have never been ceded, and acknowledge the strength, resilience, and continuing culture of First Nations peoples.



# FOREWORD



**ALISON WRIGHT CEO**

As we wrap up the first quarter, I have been reflecting on a period of consolidation, alignment, and renewed momentum at Reach. Over the past few months, we have focused on ensuring a strong foundation from which we can grow and expand our impact in 2025, never losing sight of the important work in mental health prevention.

We have strengthened our Child Safety Standard processes, and laid the groundwork to expand our school workshops and community programs in the coming months. We began the second quarter with an incredible Heroes Day for five schools in Geelong, an inspiring reminder of why we do what we do.

We also experienced great success in our Workplace Wellbeing initiatives, delivering a significant number of workshops for graduate cohorts in corporate settings. These sessions are helping young professionals build resilience and self-awareness as they step into their careers. In addition, in an incredible show of community support, our Raising for Reach fundraising lunch, hosted by Mosaic Private, was a tremendous success, reinforcing belief in our work and helping ensure we can continue to create meaningful impact.

The work we do at Reach is only possible because of the passionate young people, facilitators, and supporters who believe in creating a better future. Thank you for being part of our journey. Here's to another quarter of growth, connection, and empowering young people to thrive.



## **QUARTER 1 AT A GLANCE**

**7,166 young  
participants**

### **128 workshops in:**

**Alexandra**

**Anglesea**

**Bairnsdale**

**Ballarat**

**Batemans Bay**

**Braidwood**

**Brisbane**

**Canberra**

**Dapto**

**Echuca**

**Geelong**

**Melbourne**

**Perth**

**Shepparton**

**Sydney**

# SCHOOL WORKSHOPS

**STUDENT PARTICIPANTS  
REACHED: 6028**

Every day, Reach facilitators are in primary and secondary schools across Australia delivering programs to students in Years 5-12. Aligned with the national curriculum, our workshops cover topics including connection, empathy, teamwork, respectful relationships, high school transition, and purpose.

**TOTAL WORKSHOPS: 102**

SECONDARY WORKSHOPS: **95**

PRIMARY SCHOOL WORKSHOPS: **7**

**STUDENT OUTCOMES...**

**93%** OF STUDENTS WOULD RECOMMEND THE WORKSHOP TO OTHERS

**90%** OF STUDENTS FELT THE WORKSHOP WAS A SAFE SPACE

**FOLLOWING THE WORKSHOP...**

**81%** OF STUDENTS FELT MORE ACCEPTED

**82%** OF STUDENTS FELT MORE CONFIDENT AND SELF AWARE

**88%** OF STUDENTS FELT MORE EMPATHETIC



*“The biggest thing I learnt today from the workshop is that you never know how much your words can affect someone else and that it is extremely important to think before you act towards another person.”*

**Goulburn Valley Grammar - Year 9 Student**

*“[I learned that] everyone has different sides. I feel really safe here and I can let everything out.”*

**Beaconnhills College Berwick - Year 8 Student**

*“I learnt that other people could be going through similar things as me, I’m not alone and that I can be myself without worrying about what other people think.”*

**Bateman’s Bay High School - Year 7 Student**

*“This was amazing, your staff are so kind and confident, and each has their own personal story. This was great.”*

**Alphington Grammar - Year 7 Student**

# WORKPLACE WELLBEING

The first quarter saw a strong start to Reach's Workplace Wellbeing programs. We delivered 20 workshops in Melbourne, Perth, Sydney and Brisbane, engaging over 1,000 graduates and early-career professionals. This reflects growing recognition of the importance of emotional wellbeing in the workplace, especially for those just beginning their careers.

## Quarter 1 Highlight:

In February, our team delivered a Connection workshop to a longstanding client at their graduate conference in four different cities (Melbourne, Sydney, Brisbane, and Perth) on the same day. This even allowed us to reach a wide audience and establish meaningful connections with participants from across the country.

Thank you to all the wonderful clients that engaged with us this quarter. We are looking forward to working with them and many more for the remainder of the year.

## Our Quarter 1 clients:

**ANZ Bank**

**George Alexander Foundation**

**John Holland Group**

**King & Wood Mallesons**

**Pitcher Partners**

**PwCAustralia**

**RSM International**

**SLF Lawyers**

**Stockland Corporation Limited**

## DATA FROM THE WORKSHOPS FURTHER EMPHASISES THE POSITIVE IMPACT:

**94% OF PARTICIPANTS RATED THEIR WORKSHOP HIGHLY**

**91% REPORTED THAT THE FACILITATORS CREATED A SAFE SPACE FOR THEM TO SHARE**

**87% OF PARTICIPANTS FELT MORE AWARE OF HOW THEY COULD BRING THEIR BEST SELF TO WORK FOLLOWING A WORKSHOP**

**90% OF PARTICIPANTS WOULD RECOMMEND A WORKPLACE WELLBEING WORKSHOP TO OTHERS**



# CREW DEVELOPMENT

Personal Development Training and Crew Development are at the heart of Reach's impact, shaping young Australians into confident, compassionate leaders. Our year-round training program, starting at age 15, equips young people with the social and emotional skills needed to navigate adulthood and create lasting change in their communities.

Our continued investment in facilitator development ensures we deliver the highest quality experiences that empower and inspire. This quarter in New Crew Training, the team has been exploring themes surrounding connection, vulnerability and perspective as well as a successful information night which allowed for loved ones of our crew to gain insight into what we do. This year's Crew are wonderful, versatile people who are all engaged and eager to continue their personal development path at Reach.



**85 YOUNG PEOPLE:**

- **30 NEW CREW**
- **30 JUNIOR CREW**
- **25 FACILITATORS**

**6 TRAINING WORKSHOPS DELIVERED**



# MEDIA COVERAGE

Following Alison Wright's 15 March opinion piece in the Herald Sun, "Our Rescue Service for Young Men," Reach appeared live on 7NEWS on 17 March to discuss the challenges young men face and the role of preventative mental health in tackling them.

Alison called for greater investment in preventative mental health, emphasising the need for safe spaces like Reach - where young people can connect, build confidence, and learn to make positive life choices.

Alison also continued the conversation on radio on 24 March, where she discussed lowering the voting age based on focus groups with young people, as well as advocated for early intervention and highlighted Reach's leadership in setting a new standard in youth mental health.



## Our rescue service for young men

**Alison Wright**



**W**e listen to the voices of tens of thousands of Victorian young people every year.

We hear their fears, aspirations and see the forces shaping their world views.

We've observed young males in schools expressing hyper-masculine ideologies that challenge the values of respect, inclusion and empathy.

Young men, like young women, have the same needs we all do: to belong, to be seen and heard. So why is it that more young males are finding these drivers in gangs, in destructive groups and divisive social media influencers?

The world is fertile ground for young people to question and search for identity and belonging.

As a society we are quick to blame and to label. But none of that behaviour helps youths who are feeling isolated.

Our facilitators – young leaders highly trained to engage their peers – are hearing more conversations among male students that reject gender equality initiatives, diminish the importance of consent and question inclusivity.

Teacher programs are not the answer – young people listen to young people that we know.

The government's Respectful Relationships program, updated to combat the likes of Andrew Tate, are met with student cynicism and teacher fatigue.

At Reach, we see young men grappling with these lessons. While some embrace the conversation, others react with resistance, seeing these programs as attacks on their identity.

We cannot separate this issue from the broader youth mental health crisis with anxiety, depression, and feelings of isolation skyrocketing among young Australians. The 2024 Youth Barometer found 98 per cent of young people had felt anxious or pessimistic and 62 per cent fear they will be financially worse off than their parents.

When young men feel powerless about their future they are more likely to seek out extreme ideologies that offer certainty and a sense of control.

Compounding this issue is the rise in youth crime and gang-related violence in Victoria.

Give a Reach facilitator time with disenfranchised young people and see what happens. We have 30 years of making positive change in young lives.

Government should better integrate youth-led models to make a real difference.

**Alison Wright is chief executive of The Reach Foundation, a not-for-profit that empowers youths with emotional intelligence, resilience and self-belief**

# PARTNERS UPDATE



We are deeply grateful to our partners, sponsors, and donors, whose belief in Reach helps to strengthen our work every day.

On 27 March, Mosaic Private hosted the inaugural Raising for Reach lunch at Gate 8, our new headquarters in East Melbourne. Purpose met passion as our inspiring speakers and generous guests came together to champion opportunities for young people. From thought-provoking discussions to meaningful connections, the energy in the room was undeniable. We extend our sincere thanks to Mosaic Private and their generous guests for supporting the growth and reach of our programs.

Also in March, the Melbourne Football Club and the Jim Stynes Foundation launched Jim's Game in honour of Reach co-founder and AFL legend Jim Stynes. Held on the eve of St. Patrick's Day - a tribute to Jim's Irish heritage, the event raised critical funds for charities supported by the Jim Stynes Foundation, including Reach.

This quarter, Reach met with key partners to confirm and reaffirm their support for our 2025 programs. We are thrilled to have secured ongoing commitments from McLardy McShane Insurance Advisors, Bastion, Altus Group, AIS International, Retail Prodigy Group, and DM Property - helping to build strong momentum for the year ahead.



# THANK YOU

Your support empowers young people and enables us to create lasting impact. We look forward to continuing this journey of growth, transformation, and connection in the next quarter.

You can scan the QR code on the right to donate and support our mission.



For more information, please contact:

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