

REACH

SCHOOL WORKSHOPS MENU



PRIMARY SCHOOL WORKSHOPS

Group Size: 15 – 30 students

1 HOUR 30 MINUTES

1. PEER CONNECTIONS

RECOMMENDED YEAR 5

Our first entry level workshop for primary school students aims to create a safe space for students to express themselves. Peer connections works towards building a positive peer dynamic within the classroom and builds empathy, curiosity and understanding of others.

2. TEAMWORK

RECOMMENDED YEAR 5

Encourages students to develop personal accountability for improving the school experience for themselves and others. Through team-based activities and comprehensive discussions students leave understanding how behaviours and the choices they make can have an impact on others.

3. EMPATHY

RECOMMENDED YEAR 6

Empathy asks students to reflect on their life and think topics such as the people who support them and the challenges they may have faced in their life. This workshop highlights the benefits of listening to each other's stories and recognising that they are not alone in the challenges they face.

4. CHANGE AND TRANSITION

RECOMMENDED YEAR 6

This workshop focuses on the upcoming transition for students moving into high school. Change and Transition aims to build resilience and emotional awareness by providing space for students to acknowledge how they feel about high school and reflect on the growth and strengths they have gained from primary school.

PRIMARY SCHOOL WORKSHOP RECOMMENDATIONS:

To get the best out of our Primary School Workshops we recommend Workshop 1 & 2 for Grade 5 students and Workshop 3 & 4 for Grade 6 students.

We recommend using Workshop 1 as an entry point, before doing any of the other three workshops listed. We can work with classes that are composite or single grades. If you would like to understand what is best for your students, please reach out to us!

Get in Touch!

General Manager:
Robyn Ingerson

E: workshops@reach.org.au

P: 0401 936 933

REACH SCHOOL WORKSHOPS



100% Led by young people
They design it and deliver it.
They're armed with the
insight only a young person
can truly grasp.



Safe and supportive spaces
the Reach crew role-model
empathy, authenticity and
high levels of non-
judgmental understanding.



Group work gets results
utilising group work process
and practices to support
individuals to understand
themselves, others and the
world.



The hero's journey drawing
on contemporary culture
and storytelling. A powerful
metaphor and principal
Reach message.



Professional wellbeing
support all Reach programs
are supported by highly
trained Psychologists and
Social Workers, ensuring
emotional safety and
positive youth connections.

WORKSHOPS FOR TEACHERS

**The Reach model is made of 5
components**

FINDING HEROES 120 MINUTES EACH

Finding Heroes is a professional development opportunity designed to bring a greater wellbeing focus into the classroom. It's designed specifically for teachers, educators and youth professionals who are passionate about improving the lives of young people they work with. The workshops are based on 20 years of Reach experience and more recently has been strengthened by the internationally renowned positive psychology framework. Finding Heroes includes:

Throughout the session:

Individuals will be encouraged to peel back the layers to get to know themselves and their peers at a deeper level, building a culture of trust, connection and psychological safety. Teachers will walk away feeling more connected to each other and reconnected to their passion and drive for teaching.

Number of attendees – up to 120 per workshop

Get in Touch!

General Manager:

Robyn Ingerson

E: workshops@reach.org.au

P: 0401 936 933



SECONDARY SCHOOL WORKSHOPS

Group Size: 25 – 60 students

1 HOUR 30 MINUTES

CONNECTION YEARS 7/8

Encourages young people to share different parts of who they are and what's important to them so they can build more understanding and empathy for each other.

RESPECT YEAR 8

Explore the normalisation of disrespect and the impact our words can leave on each other. Empowers students to make choices that leave a positive impact on others.

PEER DYNAMICS YEARS 9/10/11

This workshop can be extended to go into more depth

Peer Dynamics aims to unpack the way a class or year level interacts with one another, pulling apart the negative judgement that may be present and asking students to reflect on the role they play in the school environment.

MIRROR YEARS 10/11

This workshop can be extended to go into more depth

Encourages young people to explore the stereotypes and expectations placed upon them because of their gender as well as the impact these rules can have. Holds space for them to practise sharing the authentic self that lies beneath and empowers them to continue being bold in their lives.

LOCKER ROOM YEARS 10/11

This workshop can be extended to go into more depth

Acknowledges and challenges society's views of young men and explores the impact stereotypes can have on them. Highlights the importance of vulnerable conversation and why it's beneficial to practise it more regularly.

RESILIENCE YEARS 11/12

This workshop guides students to explore how pressure and expectations influence their decisions and identity. It challenges them to reflect on both external and internal pressures, empowering them to reshape the narrative of how pressure impacts their lives.

LEGACY YEAR 12

Legacy is a 90-minute workshop designed for Year 12 students to reflect on the connections they've built and the impact they want to leave behind. Through meaningful conversations and group activities, students explore pressure, purpose, and the power of peer connection. The session helps them finish school with clarity, gratitude, and pride, fostering a sense of unity as they move into their next chapter beyond the school gates.

TAILORED

Have a particular need for your students that you want addressed? If you are interested in one of the above workshops being adapted or have a whole different need that you want our help with let us know! Our expert facilitators can design a tailored experience for you or your students.

* GENDER DIVERSE YOUNG PEOPLE WELCOME TO EITHER MIRROR AND/OR LOCKER ROOM WORKSHOPS AND ARE ENCOURAGED TO OPT IN/OUT DEPENDING ON WHERE THEY FEEL COMFORTABLE.

REACH SCHOOL WORKSHOPS



100% Led by young people
They design it and deliver it.
They're armed with the
insight only a young person
can truly grasp.



Safe and supportive spaces
the Reach crew role-model
empathy, authenticity and
high levels of non-
judgmental understanding.



Group work gets results
utilising group work process
and practices to support
individuals to understand
themselves, others and the
world.



The hero's journey drawing
on contemporary culture
and storytelling. A powerful
metaphor and principal
Reach message.



Professional wellbeing
support all Reach programs
are supported by highly
trained Psychologists and
Social Workers, ensuring
emotional safety and
positive youth connections.

WORKSHOPS FOR TEACHERS

**The Reach model is made of 5
components**

FINDING HEROES 120 MINUTES EACH

Finding Heroes is a professional development opportunity designed to bring a greater wellbeing focus into the classroom. It's designed specifically for teachers, educators and youth professionals who are passionate about improving the lives of young people they work with. The workshops are based on 20 years of Reach experience and more recently has been strengthened by the internationally renowned positive psychology framework. Finding Heroes includes:

Throughout the session:

Individuals will be encouraged to peel back the layers to get to know themselves and their peers at a deeper level, building a culture of trust, connection and psychological safety. Teachers will walk away feeling more connected to each other and reconnected to their passion and drive for teaching.

Number of attendees – up to 120 per workshop

Get in Touch!

General Manager:

Robyn Ingerson

E: workshops@reach.org.au

P: 0401 936 933



@thereachfoundation

REACH TARGETED WORKSHOPS



100% Led by young people
They design it and deliver it.
They're armed with the
insight only a young person
can truly grasp.



Safe and supportive spaces
the Reach crew role-model
empathy, authenticity and
high levels of non-
judgmental understanding.



Group work gets results
utilising group work process
and practices to support
individuals to understand
themselves, others and the
world.



The hero's journey drawing
on contemporary culture
and storytelling. A powerful
metaphor and principal
Reach message.



Professional wellbeing
support all Reach programs
are supported by highly
trained Psychologists and
Social Workers, ensuring
emotional safety and
positive youth connections.

GROUNDING 1.5-4 HOURS

The Grounded Program is designed to support disengaged young people by providing a structured yet flexible space for them to reconnect with themselves, their peers, and their broader community.

Through engaging activities, mentorship, and personal development workshops, participants are encouraged to build confidence, resilience, and life skills that will support their future success.

HERE 1.5-4 HOURS

The HERE program creates a safe, inclusive space where LGBTQIA+ youth feel affirmed, supported, and free from discrimination.

Foster self-acceptance, confidence, and peer connections through mentorship, workshops, and discussions.

Equip youth with skills to navigate challenges, promote inclusion, and celebrate diverse identities, ensuring a strong sense of belonging and empowerment.

Get in Touch!

General Manager:

Robyn Ingerson

E: workshops@reach.org.au

P: 0401 936 933

REACH

ELEVATE

The ELEVATE workshop offers a transformative four-hour experience tailored to individual high school year levels. ELEVATE focuses on creating an interactive and engaging environment for over 100 young individuals.

WHAT

ELEVATE is an immersive half-day event designed, developed, and run by experienced facilitators. Throughout the workshops, students will have the opportunity to reflect, engage, share, and be challenged. Guided by the facilitators, peers will be encouraged to be a part of the workshop in whatever capacity they feel most comfortable.

WHY

ELEVATE has been designed to stimulate self-awareness, empathy, and understanding among peers through an array of activities and insightful discussions. Aiming to facilitate a deeper understanding of self and peers through fostering stronger connections and encouraging personal growth. Through dynamic sessions, this workshop empowers students to challenge their own perspectives and uncover personal purpose and direction.

HOW

We come to you! We need a spacious area capable of accommodating all students in seats comfortably. Ensuring that the wellbeing team and students attend. The schedule will run from 9:45 am to 2:00 pm, with a break scheduled from 12:30 pm to 12:55 pm. Access to a projector is necessary, along with the presence of three to four Reach facilitators. We are open to working around school bell times as well

GET IN TOUCH

For more information about ELEVATE or to make a booking please contact

workshops@reach.org.au



REACH.ORG.AU

Want to learn more?

Contact: General Manager

Robyn Ingerson

0401 936 933

workshops@reach.org.au



REACH



@thereachfoundation