

SUPERHEROES WORKSHOP

RESILIENCE

IDENTITY
5 hours

SUPER
HEROES
+5hrs

ABOUT

A strengths based approach developing resilience.
This can be for both mixed gender groups or separate gender groups.

Week 1 Unique Freak

Special presentation by MADD messenger using music art and drama to highlight a talk about self acceptance.

Week 2 Utalk

An interactive session addressing and combating unhealthy self-talk

Week 3 Cultural Roots - Where am I from

Identifying the strengths and values of our heritage and culture.

Week 4 Smarts -I am smart

Introduction to the 7 pillars of thinking. An opportunity to see the different smarts within each person and how these work collectively

Week 5 Talent / Passion

Identifying natural abilities and passion driven abilities.

Week 6 Personality –Understand different types of personality and how best to connect with them to be able to manage conflict.

Week 7 - I Dream session– Dream big, dream far and dream near

Week 8 Game plan– Setting goals, identifying your support team, your opposition and how you are going to overcome these obstacles...draw up your game plan

Week 9 - Role model– Identify their role-models, learn their story, find artefacts to keep your dream alive, identify characteristics you wish to learn and characteristics that connect you to that role model.

Week 10 - Celebration: tshirts prizes, certificates, keyrings, celebration food.

COST: \$2250

LENGTH 10 HOURS OVER ____ WEEKS