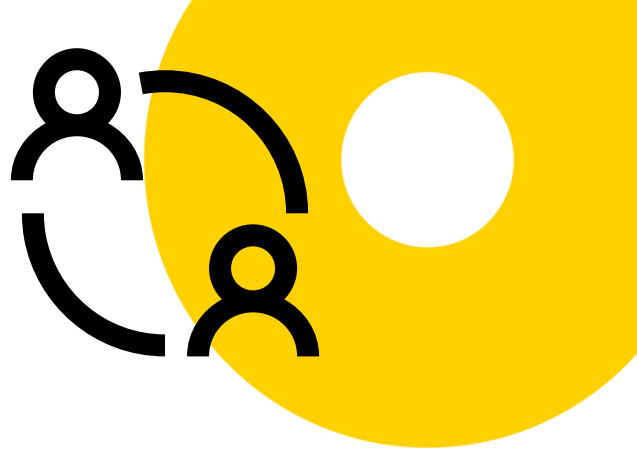


YEAR 9: STEPPING FORWARD



- **Quote:** *"Connection thrives when we embrace vulnerability."* - Brené Brown

WORKSHOP DESCRIPTION

The final session focuses on building self-leadership and strengthening connections within the group. Students learn strategies to support self-esteem, address barriers to connection, and share their struggles to build stronger bonds and personal resilience.

WORKSHOP OUTCOMES

For each participant to:

- Strengthen relationships within their year group through shared experiences.
- Understand how vulnerability fosters deeper connections.
- Identify and overcome barriers to connection and growth.
- Apply strategies for building self-esteem and moving through fear.

HOW TO BEST SUPPORT DURING THESE WORKSHOPS

- **Be alongside the youth:** Participate fully in the activities, modeling curiosity and openness as if you were a student yourself.
- **Meet them where they are:** Be relatable and approachable. Find common ground by engaging in conversations about shared interests or experiences.
- **Share your story:** When appropriate, share your own experiences to build trust and offer insight into the workshop topics.
- **Foster self-reflection:** Encourage students to think deeply about their choices, values, and connections by asking thoughtful, open-ended questions.
- **Be authentic:** Show up as your true self—your honesty and vulnerability can inspire students to open up and engage more deeply.
- **Support their growth:** Recognize their efforts and encourage them to embrace challenges as opportunities for learning and building resilience.