

# YEAR 7: IMMERSION

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*"Your life is your story, and the adventure ahead of you is the journey to fulfil your own purpose and potential." - Kerry Washington*

## WORKSHOP DESCRIPTION

The Immersion Workshop fosters connection to self, others, and the future through LifeChanger's Five Pillars: Health, Skills, Self, Purpose, and Tribe. Participants engage in reflective and interactive activities to deepen self-awareness, strengthen peer connections, and create a vision board for their future goals.

## WORKSHOP OUTCOMES

Each participant will be able to:

- Understand themselves better
- Connect with their peers in a more meaningful way
- Reflect on their future and begin to put steps in place to help them achieve some of their goals

## KEY ACTIVITIES

- **Be alongside the youth:** Participate fully in the activities, modeling curiosity and openness. Your engagement encourages students to connect deeply with the workshop.
- **Model self-reflection:** Share your own experiences with setting goals and building connections to inspire and guide students.
- **Encourage connection:** Help students engage meaningfully with their peers by fostering inclusive discussions and celebrating shared moments.
- **Support future thinking:** During reflective activities like vision boarding, encourage students to think positively about their goals and practical steps to achieve them.
- **Create a safe space:** Be attentive and supportive as students explore themselves and their future, reassuring them that it's okay to dream big and take small steps forward.