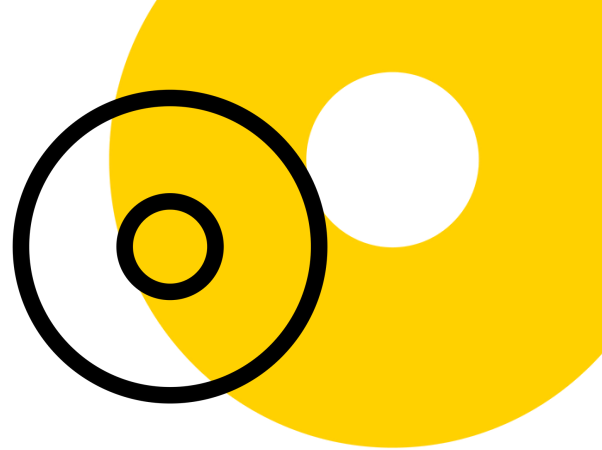


YEAR 8: ACTIVATION WORKSHOP



"Be the mentor they remember." - Trent Dennis Lane

WORKSHOP DESCRIPTION

This workshop introduces participants to the concepts of self-discovery, self-awareness, and personal growth. Key themes include recognising their inner Hero and Villain states, exploring LifeChanger's Five Pillars, and developing foundational mindfulness skills. This workshop prepares students for the rest of the 5 Pillar journey they are about to undertake.

WORKSHOP OUTCOMES

- Understand the LifeChangers Five Pillar Pathway and benefits from developing these areas
- Complete a self check in and interpret the results
- Understand what mindfulness is and what the benefits are
- Meet and build rapport with the Facilitators, Mentors and other participants

HOW TO BEST SUPPORT DURING THIS WORKSHOP:

- **Be alongside the youth:** The Activation Workshop marks the beginning of a six-part journey for our Year 8 students. Engage fully in the activities as if you were one of the students, modeling active participation and enthusiasm.
- **Embrace the uncomfortable:** For many students, this is a new experience. Be a role model of courage by stepping out of your comfort zone and demonstrating a willingness to try new things. Your example will encourage students to do the same.
- **Find common ground:** Build meaningful connections by showing curiosity. Ask questions and discover what excites the students—whether it's sports, books, movies, or pets, these shared interests can spark great conversations.
- **Trust the process:** It's okay not to get everything right the first time. LifeChanger's programs are designed as a journey of growth and learning, both for you and the students, as you progress through the Year 8 workshops.
- **Strengthen connections by returning:** Building strong relationships takes time. By returning to support the same class in future workshops, you'll deepen the connections you've formed and foster more impactful conversations.