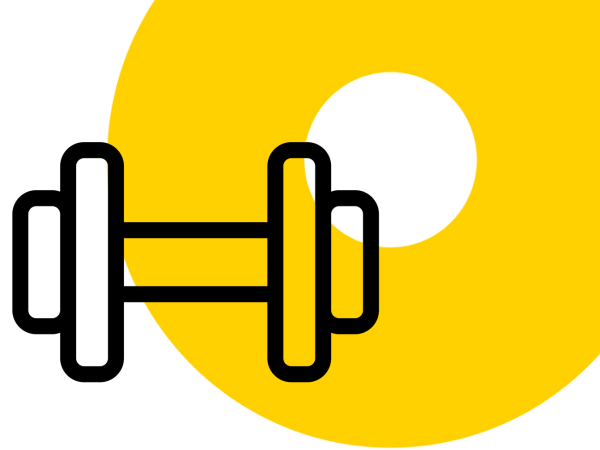


YEAR 8: SKILLS WORKSHOP



“Mentoring is a brain to pick, an ear to listen, and a push in the right direction.” - John C. Crosby

WORKSHOP DESCRIPTION

This workshop focuses on building essential life skills: goal setting, problem solving, resilience, and gratitude. Through interactive activities, participants will strengthen their teamwork, communication, and resilience while learning to let go of the fear of making mistakes.

WORKSHOP OUTCOMES

- Understand the four aspects of the Skills Workshop: goal setting, problem solving, resilience, and gratitude
- To create some personal goals
- Develop problem solving and communication skills to overcome challenges
- Recognise what it means to be resilient and how to apply resilience in their lives
- Understand how practising gratitude can enhance positivity and resilience

HOW TO BEST SUPPORT DURING THIS WORKSHOP:

- **Be alongside the youth:** Actively participate in all activities, including team challenges. Your involvement helps build trust and encourages students to engage fully.
- **Stay aware:** Some students may find certain activities, like goal setting or self-reflection, challenging. Offer support and guidance where needed, ensuring they feel comfortable and supported.
- **Model engagement:** Show curiosity and enthusiasm during discussions about communication, problem-solving, resilience, and gratitude. Your example sets the tone for the group.
- **Provide gentle guidance:** In goal-setting activities, youth often need extra help to articulate their ideas. Ask questions to guide them, such as, “What’s one small step you could take toward this goal?”