

YEAR 8: SELF WORKSHOP



“A mentor is someone who sees more talent and ability within you, than you see in yourself, and helps bring it out of you.” - Bob Proctor

WORKSHOP DESCRIPTION

This workshop focuses on self-discovery and self-awareness. Participants explore their Hero and Villain states and the four Hero Types (Warrior, Jester, Mastermind and Guardian). The workshop empowers students with strategies to manage challenges to enhance self-acceptance and resilience.

WORKSHOP OUTCOMES

- Understand and discover primary and secondary Hero Types
- Develop self-acceptance and understand its importance
- Deepen their understanding of the different aspects of themselves and how to manage them.
- Learn strategies to shift into a more empowered and positive state.
- Create positive “I am” affirmations for self-talk.

HOW TO BEST SUPPORT DURING THIS WORKSHOP:

- **Be alongside the youth:** Participate fully and authentically in all activities. Your involvement encourages students to feel safe, supported, and willing to engage deeply.
- **Model heart and vulnerability:** This workshop often marks a tipping point, where students begin to open up and explore their relationship with themselves. Show courage by embracing your own Hero and Villain states, demonstrating self-acceptance and authenticity.
- **Foster a safe space:** As students may feel more vulnerable, be attentive and supportive. Reassure them that it’s okay to share, reflect, or take their time with self-discovery.
- **Guide self-discovery:** Help students unpack their Hero and Villain states by asking reflective questions like, “How do your strengths help you overcome challenges?” or “What steps can you take to shift into your Hero state?”