

One-Off Workshops for Youth & Adolescents

- **First Aid for Mental Health** - How can we be good friends to those who might be struggling with different mental health issues? Is there anything I can do to help? (1 hour)
- **Self-care** - Why does it matter, and is it selfish? Identifying the things that keep you well & the tools that will motivate you to keep prioritising them. (45-60 minutes)
- **Worry & Anxiety** - How do we manage our worries during difficult or stressful seasons? Understanding the role we play in our own anxious cycles. (45-60 minutes)
- **Social media** - What impact is it having on me and my relationships? Is there a way to use social media without being owned by it? (45-60 minutes)
- **Communication** - Fighting well! How can we learn to communicate better when it's awkward? Are there better ways to disagree and what are the traps we fall into? (45-60 minutes)
- **Addiction & temptation** - How do we get caught in cycles of addiction & how can we break the pattern? (45 minutes)
- **Pornography - Does it matter?** - Identifying why we get caught in cycles and addiction to pornography, and exploring the affect it can have on our lives, short & long term. (60 minutes)

Workshop Series for Youth & Adolescents

These can be delivered in a half or full day session, or over a number of weeks.

- **The Storms of Life** - We look at how to prepare for, endure and process stressful and difficult circumstances that happen to all of us during the course of life. How can we ensure we are in the best place to face difficulties and ensure we have the relationships to support us. (4 hour sessions/half-day retreat)
- **The Guess Who Sessions** - Designed to encourage young people to explore their core values & the identity that drives & motivates them. Helping them to discover who they are and equip them with the tools and confidence to live with intention and authenticity, rather than conforming, compromising or concealing that which is integral to them. (6 hour sessions / full-day retreat)

Workshops for Parents, Teachers & Leaders

- **Helping children & young people navigate the online world** - How can we ensure safety in an online world that is constantly changing? Making a game plan for how you will communicate dangers, expectations and concerns to your young people. (90 minutes)
- **First Aid for Mental Health** - Identifying the symptoms of mental health needs in our young people & learning the basic tools & interventions we can use to help. Understanding what we are responsible for & education on the places we can refer on to if further assistance is required. (2 hours)
- **Teamwork** - Managing expectations in working together as a team. Understanding and navigating differences & working together towards a goal. How to expect, prepare for & thrive through conflict. (90 minutes)

