

# SUPERPOWER WORKSHOP

SELF WORTH / SELF ESTEEM

IDENTITY  
5 hours

SUPER POWER  
+5hrs

## ABOUT

This programme focuses on self-esteem, help-seeking skills and confidence building skills for mixed gender groups of any cultural background

### Week 1 Unique Freak

Special presentation by MADD messenger using music art and drama to highlight a talk about self acceptance.

### Week 2 Utalk

An interactive session addressing and combating unhealthy self-talk

### Week 3 Cultural Roots - Where am I from

Identifying the strengths and values of our heritage and culture.

### Week 4 Smarts -I am smart

Introduction to the 7 pillars of thinking. An opportunity to see the different smarts within each person and how these work collectively

### Week 5 Talent / Passion

Identifying natural abilities and passion driven abilities.

### Week 6 - Connections

Identify and build connections that will support you through your low confidence times.

### Week 7 - Whats in your bag?

Whats in your bag, identifying when you need help to carry your bag.

### Week 8 - step UP

Identifying your comfort zones – bootcamp style

### Week 9 -Walking tall

Body language that makes an instant difference in your confidence.

### Week 10- Celebration time.

**COST:** \$2250

**LENGTH** 10 HOURS OVER \_\_\_\_ WEEKS