



## Developing Friendship Networks

### **Workshop Objectives:**

This workshop takes an active, participatory approach to interpersonal relationships amongst youth peer groups. Students will build on their own existing strengths and experiences in establishing friendship alliances, and explore core skill areas such as trust-building, communication and teamwork in both formal and informal settings.

On completion of the workshop, students will be able to:

- ✓ Reflect on the value of creating and maintaining friendship networks
- ✓ Identify key components of effective interpersonal relations
- ✓ Practice the application of friendship skills within team-based activities

### **Activity Options:**

- ❖ Magic cane
- ❖ Human knot
- ❖ Circle of Trust
- ❖ Small Group Presentations
- ❖ Memory Lane
- ❖ Minefield
- ❖ Plank the Gap

### **Student Profile:**

This workshop is suitable for all age categories within the youth bracket and is highly relevant for mixed gender audiences. Recommended group size is 8–10 students.

### **Duration:**

Can be tailored for sessions lasting 1 hour to 1 half day in duration.

### **Cost:**

Negotiable.



## Building Self-Esteem and Confidence

### **Workshop Objectives:**

This workshop borrows from modern cognitive-behavioural therapy techniques to explore student self-perceptions, giving each individual student an opportunity to analyse automatic thoughts and replace negative self-talk with positive reinforcers. It is designed to bolster resilience and affirm self-identity through reflection and creative expression within a risk-free environment.

On completion of the workshop, students will be able to:

- ✓ Understand how thoughts, emotions and behaviours can interact to create upward and downward spirals of self-perception
- ✓ Practice basic self-awareness techniques for monitoring internal dialogue
- ✓ List 5 positive and enduring characteristics about themselves

### **Activity Options:**

- ❖ Eyes Wide Shut
- ❖ Describe Your Self
- ❖ Thought Diary
- ❖ Positive Listing
- ❖ Nature Art
- ❖ Personalised Top Tips

### **Student Profile:**

This workshop is suitable for all age categories within the youth bracket and is highly relevant for mixed gender audiences. Recommended group size is 8-10 students.

### **Duration:**

Can be tailored for sessions lasting 1 hour to 1 half day in duration.

### **Cost:**

Negotiable.



## Preparing for Exams

### **Workshop Objectives:**

In the first part of this workshop the focus is on maximising pre-exam revision sessions. Building on advice and guidance within their own educational establishment, students will develop awareness of their individual learning preferences and adapt a number of recognised tools and techniques most relevant to these. In the second part the workshop turns to practical tips and tricks for peak performance during the exam itself.

On completion of the workshop, students will be able to:

- ✓ Reflect on their preferred learning styles and understand how this can benefit self-study
- ✓ Select from a basket of exam preparation methods
- ✓ Provide useful support to peers during the pre-exam revision period
- ✓ Share tips for exam-taking strategies

### **Activity Options:**

- ❖ 'Know Your Own Learning Style' Quiz
- ❖ Prioritisation Matrix
- ❖ Goal Setting
- ❖ Designing a Study Guide
- ❖ Individual Timetabling
- ❖ Flash Cards
- ❖ Managing Exam Stress
- ❖ Group Brainstorming Exercise

### **Student Profile:**

This workshop is suitable for all age categories within the youth bracket and is particularly relevant for those approaching formal exam periods within the school curriculum. It is suitable for mixed gender audiences. Recommended group size is 8-10 students.

### **Duration:**

Can be tailored for sessions lasting 1 hour to 1 half day in duration.

### **Cost:**



Negotiable.

## Dealing with Bullying and Cyber-Bullying

### **Workshop Objectives:**

This workshop is aimed at exploring student insights into issues of physical or verbal harassment within their peer group. It provides both an opportunity to reflect on acceptable norms of behaviour in relation to bullying and to collate everyday tools for pre-emption and harm minimisation.

On completion of the workshop, students will be able to:

- ✓ Analyse their behaviour, and that of peers, in relation to definitions of bullying and cyber-bullying
- ✓ Share practical advice on how to tackle bullying at its source
- ✓ State the resources available for accessing specialist assistance in minimising the harmful effects of bullying

### **Activity Options:**

- ❖ Role-Play Demo
- ❖ Youth Video Productions
- ❖ Case Study Examples
- ❖ Social Media Top Tips
- ❖ Group Brainstorming

### **Student Profile:**

This workshop is suitable for all age categories within the youth bracket and is highly relevant for mixed gender audiences. Recommended group size is 8-10 students.

### **Duration:**

Can be tailored for sessions lasting 1 hour to 1 half day in duration.



**Cost:**

Negotiable

**Youth and Identity**

**Workshop Objectives:**

This workshop aims to raise awareness of the importance for respecting diversity and for supporting anti-discriminatory behaviour within youth peer groups. Using non-confrontational methods, students will analyse the values of themselves and others towards issues such as sexuality, gender, race relations and disability. By advocating for a dialogue of acceptance and maturity, the workshop will implicitly provide space for students to challenge negative self-judgement in relation to their own personal identity.

On completion of the workshop, students will be able to:

- ✓ State what constitutes discriminatory behaviour within their peer groups
- ✓ Subscribe to a culture of mutual respect, acceptance and basic human rights
- ✓ Reflect on personal identity free from self-generated stigma

**Activity Options:**

- ❖ What is Discrimination Anyway?
- ❖ Case Study Examples
- ❖ Discrimination Crossword
- ❖ Role-playing a Confidant

**Student Profile:**

This workshop is suitable for all age categories within the youth bracket and is highly relevant for mixed gender audiences. Recommended group size is 8-10 students.

**Duration:**

Can be tailored for sessions lasting 1 hour to 1 half day in duration.

**Cost:**

Negotiable.