



FAMILY HANDBOOK

AWAKEN THE HERO PROGRAM

2024



LIFECHANGER

VALUES

We believe...

It takes **COURAGE** to make change, and to never let fear or failure stand in the way!

We see challenge as an opportunity to grow and always strive to move forward regardless of the adversity!

We value the bravery it takes to be real, authentic, honest and vulnerable.

We are all in! Our **HEART** and soul is in everything we do. We are passionate,
we believe in people and in the transforming power of kindness.

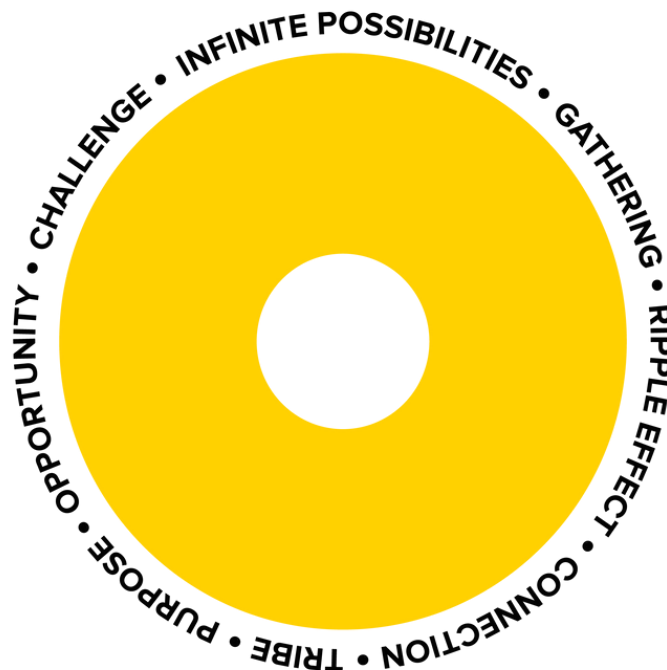
Our **TRIBE** is connected and a place to belong.

We believe trust, respect and accountability builds a strong community.

Our TRIBE is there to support and we will always have your back, in both the good and tough times.

We know change is possible and that a 'hero' lives inside each of us. Bold thinking is encouraged,
and with hard work and clear and curious minds anything can be done! If you can dream it, you can do it!

COURAGE + HEART + TRIBE
=
INFINITE POSSIBILITIES



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WELCOME

Welcome to LifeChanger!

LifeChanger Foundation is a preventative mental health and wellbeing non-profit that empowers young people with the courage to thrive by developing their social, emotional and resilience skills.

LifeChanger believes that many of the confronting challenges and alarming statistics that face today's youth are preventable through pre-emptive, early intervention programs that engage with youth, teachers, parents and local mentors.

LifeChanger programs develop critical foundational skills that empower young people to develop the tools to successfully navigate life, overcome challenges and pursue their unlimited potential.

A message from our CEO, Scott Watters



*LifeChanger Foundation is a registered Australian DRG Tier 1 not-for-profit charity.

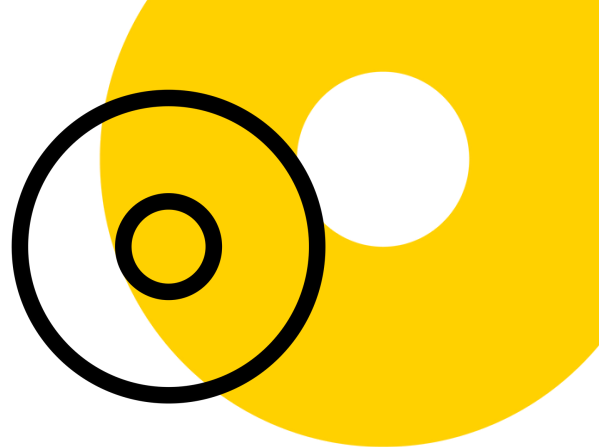
WORKSHOP CONTENT

6 interactive workshops that develop social, emotional and resilience skills

The Youth Program curriculum centres on the Five Pillars of Health, Skills, Self, Purpose and Tribe to build emotional, social and resilience skills. Key themes explored during the program include physical and mental health, mindfulness, goal setting, problem-solving, gratitude, self-awareness, resilience and connection.

WORKSHOP	SYNOPSIS
ACTIVATION	Participants explore their own inner hero and villain and are introduced to LifeChanger's 5 Pillars of Health, Skills, Self, Purpose and Tribe.
HEALTH	Participants gain an understanding of movement, good nutrition, recovery and mindfulness and how this enhances feelings of positive wellbeing and improves overall focus and mental health.
SKILLS	Participants focus on life skills such as goal setting, problem solving, resilience and gratitude. Resilience is the centrepiece of this workshop with students developing a better understanding of what to do when faced with a challenge.
SELF	Participants explore their emotions and how they project those emotions to the outside world. They begin to develop their own self-awareness and work on practical strategies to help regulate their feelings.
PURPOSE	Participants reflect on their own passions, hobbies and interests and begin to explore their future pathways.
TRIBE	Participants connect to and understand that tribe extends past immediate family and also includes community mentors, other participants and the community as a whole.

ACTIVATION WORKSHOP



A pathway to self esteem, self awareness, positive self identity and resilience

The Activation Workshop focuses on identifying each individuals own inner hero and villain. The goal in this workshop is to understand all aspects of ourselves and accept who we are. We all have hero thoughts, feelings and emotions, just as we have villain thoughts, feelings and emotions. As we gain more awareness and understanding of ourselves and normalise both our strengths and challenges, this should aid us in accepting who we are as people.

Participants are then introduced to LifeChanger's 5 Pillars of Health, Skills, Self, Purpose and Tribe. These pillars highlight a pathway forward towards a meaningful, fulfilling and healthy life. They begin to understand that by focusing effort into each of these areas they have the power, skills and confidence to take more control of their lives and own their destination.

ACTIVITIES:

Hero and Villain Introduction

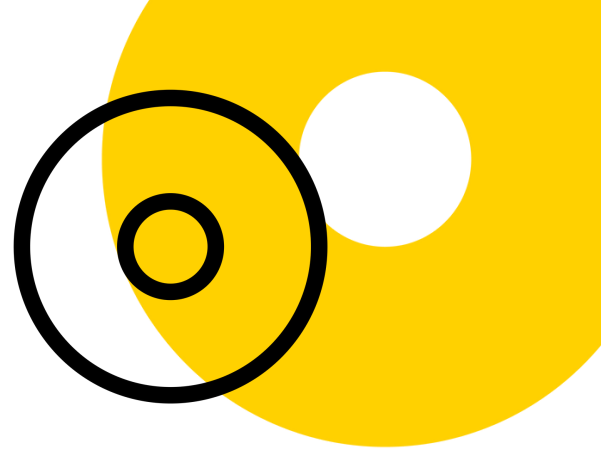
Students are introduced to the concept of the hero and villain and begin to understand that we all have a hero and a villain inside of us. Everyone of us has both positive and negative thoughts, feelings and emotions. As we gain more awareness and understanding of ourselves and normalise both - our hero and our villain - this will help us to be more accepting with who they are as people.

The first part of this workshop is a group activity to discuss characteristics, thoughts, feelings and behaviours of both the hero self and the villain self.

Name It to Tame It

The students then have the opportunity to put a name and a face to their hero and their villain, as well as identifying the strengths of their hero and challenges of their villain. This activity provides an opportunity for participants to reflect on their thoughts, feelings and emotions on their good days, when their hero is in control. It also encourages participants to reflect on the negative thoughts, feelings and emotions that arise on their bad days, when their villain is in control.

ACTIVATION WORKSHOP

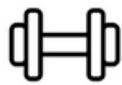


Introduction to LifeChanger's Five Pillars

Participants are introduced to the Five Pillars of **Health, Skills, Self, Purpose** and **Tribe** and begin to understand why these are important.



Health
Physical



Skills
Gratitude



Self
Awareness



Purpose
Passion



Tribe
Community

Box Breathing

Participants are introduced to a breathing technique known as Box Breathing. This provides students with a mindfulness tool that they can use to calm their mind, reduce anxiety and get them into a more centred, reflective space.

Hero Tracker

Participants took some time to self reflect and 'check in' with how they're going against each of the Five Pillars. Participants identified areas they are feeling strong in and also areas to put a little more attention into.

Discussion points at home:

- Try asking your child about each of the Five Pillars and what they remember about them.
- Check in to see which of the Five Pillars they feel they are doing really well in and why.
- Ask them if doing the Hero Tracker highlighted an area that may need a little more attention and, if so, ask if you can do anything to help them with this.
- Did you child enjoy Box Breathing? Why? Why not?
- Perhaps ask them to teach you the technique if they remember it.
- Ask your child how they think their hero and villain expresses itself?
- Ask them if they know when their villain is starting to take too much control
- Ask them what kind of activities, behaviours or thoughts help them to be in their hero state?
- As a family, discuss what everyone can do to move into their hero state.

HEALTH WORKSHOP



The Health Workshop focuses on the importance of mental and physical health when sustaining a healthy lifestyle.

Through fun and interactive activities, participants explore the power of **movement** and **recovery** and the connections between their body and their mind. We discuss the importance of **nutrition** and the benefits of adopting a balanced approach. Participants are encouraged to become more self aware of the correlations between good nutrition and a positive mindset. We also examine the power of **mindfulness** and meditation as a way to reduce anxiety, improve focus and boost mental health.

ACTIVITIES:

Movement, Recovery and Nutrition

Students are introduced to the importance of movement, recovery and nutrition and the connection between our body and our mind. They complete interactive activities around these concepts and reflect on how these are associated with their Hero and Villain self.

Hero & Villain Revisit

In this workshop we reintroduce the Hero and Villain. The Hero is our best self and the Villain is a detractor from us being the best versions of ourselves. We discuss how the villain is not bad and that everyone has one. It is ok if we are in our villain state every now and then - as long as we are aware of it and understand when it is controlling us too much.

Discussion points at home:

- What does their movement, recovery and nutrition look like when their hero is in control?
- What does their movement, recovery and nutrition look like when their villain is in control?
- Ask them why physical activity helps with mental health?
- Ask them what recovery techniques they use and how they help their body and/or their mind?
- Ask them what good nutrition looks like to them?
- Do they notice the link between their physical health and mental health?

HEALTH WORKSHOP



Mindfulness

Students are reintroduced to the concept of mindfulness and are given examples of mindful activities. We discuss what it means to be mindful and practice doing mindfulness by participating in a 'mindful balance' or having a 'mindful moment'.

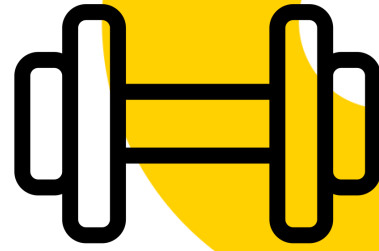
Health Habits

Participants were provided with the opportunity to reflect on their 'health habits' and to rate themselves on a scale from 1 to 5 in the key areas of this workshop - movement, recovery, nutrition and mindfulness. They were then asked to create a goal in one of these health areas.

Discussion points at home:

- Ask them what mindfulness techniques they use or are planning to use?
- Ask them if they can identify any potential situations in their life where they might use mindfulness techniques? Perhaps share any mindfulness techniques that you use.
- What was the health goal that they created and how can you help them with this?

SKILLS WORKSHOP



The Skills Workshop focuses on life skills such as **goal setting, problem solving, resilience** and **gratitude**.

Goal setting is the centrepiece of this workshop and participants start to make some commitments towards a goal they want to achieve using the **GROW Goal Setting Model**. Throughout the workshop they debrief their learnings with their mentors and facilitators while beginning to also touch on the important concepts of resilience and gratitude.

ACTIVITIES:

GROW Goal Setting

In this workshop, students are introduced to the importance of goal setting by using the GROW goal setting model. They then create a short term and a long term goal that they wish to achieve and make a commitment to begin working towards this.

Goal

Reality

Obstacles/opportunities

Way forward

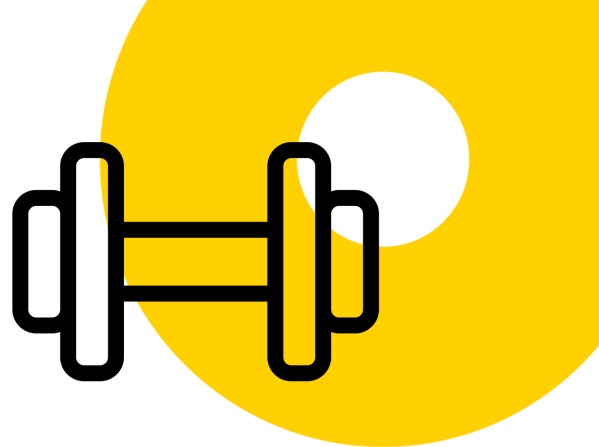
Problem Solving

Students are introduced to some fun and interactive activities that highlight the importance of problem solving and resilience. In these activities, students learn to communicate and work together as a team to overcome challenges and achieve their goal.

Discussion points at home:

- Ask your child what their short term and long term goals are
- Ask them what obstacles are in their way of achieving their goals
- Ask them if there are any opportunities that they can seek out to help them
- Ask if there is anything that you can do to help them work towards these goals
- Perhaps use this as an opportunity to discuss your own short term and long term goals
- You could even come up with a family goal to work towards together

SKILLS WORKSHOP



Life Graph

Students identify both great times of their life as well as some lower points, and acknowledge it's okay to have both. Students complete a line graph of the highs and lows of their life, which provides a clear visual that after every low point, a new high point is not far away.

Gratitude

Students raise their awareness to the power of gratitude and how they can use gratitude to "bounce forward" from challenges. We discuss how practising gratitude as a habit has demonstrated amazing long term effects on being able to maintain a positive attitude.

Discussion points at home:

- Ask your child what were some of the key moments they identified in their life graph
- Ask them how the line graph activity made them feel and if there is anything they'd like to talk about?
- Ask your child what they wrote down that they were grateful for
- Tell them what you're grateful for about them - you're guaranteed to put a smile on their face!
- You could use this as an opportunity to discuss what you're all grateful for as a family and perhaps even come up with a family gratitude wall

SELF WORKSHOP



The Self Workshop focuses on self discovery and explores some deeper concepts around **self awareness**.

During this workshop, participants begin exploring their emotions and start to form an understanding around how they feel in times of happiness and sadness. They look deeper into the concept of their Hero and Villain; increasing their awareness of what to do when their villain is in control.

Participants will walk away from this workshop with a number of **self awareness and resilience strategies** to help support them in **reducing anger** and **anxiety**. As this is our fourth workshop in the series, participants have built a solid rapport with their facilitators, mentors and their fellow peers. Therefore, our Self Workshop is when the participants start to open up and share more willingly with the wider group; an important step on the LifeChanger journey.

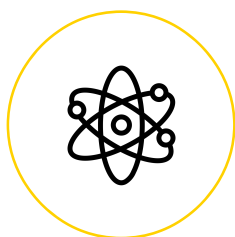
ACTIVITIES:

Hero Types

Participants are introduced to LifeChanger's 4 Hero Types, exploring the strengths and challenges of each. The Hero Types are as follows:



GUARDIAN



MASTERMIND



JESTER



WARRIOR

Discussion points at home:

- Try asking your child what the challenges of the four Hero Types are and if it is possible to be more than one hero type.
- Ask them which Hero Type they are and why.
- Ask them to tell you which Hero Type they think you are and why.
- As a family discuss what Hero Types everyone is and what makes them this way.

HERO TYPES

Everyone has an inner hero.
What's yours?



Guardian

Always Protecting others

Great communicator

Puts others first

Empathetic

Can be over protective

Can be overly cautious

May not take risks

Needs self care



Mastermind

Creates, Innovates, Builds

Makes things happen

Curious Mind

Super smart

Can be sceptical / negative

Can ignore the group

Can be selfish

Works alone



Jester

Humorous & lighthearted

Makes people feel good

Lifts the mood

Risk Taker

Can act without thinking

Can take things too far

Prone to distraction

Acts impulsively



Warrior

Strong goal setter

Natural leader

Confronts fears

Resilient

Suppresses emotions

Can be too serious

Singular focus

Can fly solo

SELF WORKSHOP



Strategies Just For Me

Once participants have identified that we all have a villain and that we all have bad days; they then look at situations where their villain takes over and create a list of strategies they can use to help support their positive wellbeing. They are also introduced to breathing and mindfulness strategies.

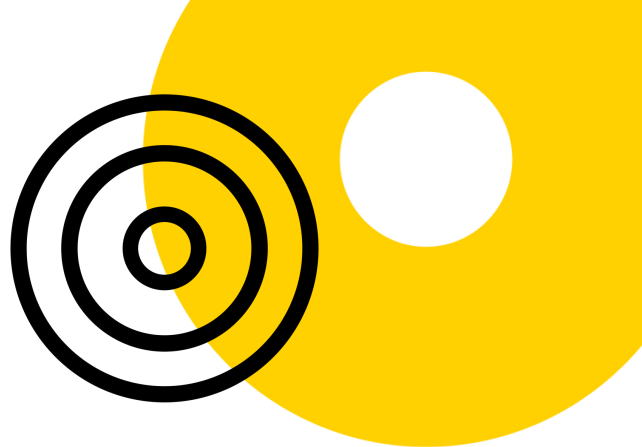
Hero Talk

The last activity requires students to explore the way they speak to themselves and, in doing so, they begin to understand the power of positive self talk or 'Hero Talk'. They then create their own 'Hero Talk' phrase to use when they need some added motivation or encouragement.

Discussion points at home:

- What were some of the strategies that your child wrote down to test out the next time their villain starts to take up too much space?
- Perhaps come up with a family strategies list to try out all together and share which ones you like and don't like and why
- What was your child's Hero Talk phrase? Try using this with them if it feels right
- Do you have a 'go to' Hero Talk phrase that you tell yourself? Share with your child so they can try using it with you too

PURPOSE WORKSHOP



The Purpose Workshop focuses on developing a deeper understanding of an **individual's passions** and assists in creating a **pathway forward**.

Once participants have identified their inner hero, developed further life skills (goal setting, problem solving, resilience and gratitude) and have a better understanding of their own self-awareness, they are ready for the Purpose Workshop. During this workshop participants are encouraged to **reflect on their own passions, hobbies and interests** by creating a 'Bucket List'. They are then introduced to an activity called 'Choose Your Own Adventure' as a way for them to understand that they are each heading in their own **unique direction**, facing their own unique challenges.

ACTIVITIES:

Superpowers

Participants fill out a worksheet which is pre-populated with a variety of different strengths. They choose what their core strengths are and then narrow this down to their one main "superpower strength". Once their superpower has been identified they will write it on a post-it note and stick it to the 'Wall of Power'. This creates a visual of all their peers greatest strengths and highlights how everyone is different and unique in their own way.

Once they have each identified their core strength they have a challenge of escaping from Crucible Island using each of their unique strengths to get themselves and their peers to safety.

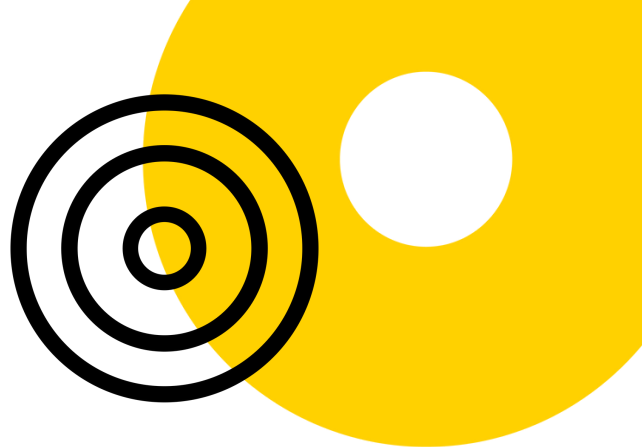
Discussion points at home:

- Ask your child what they identified as their greatest strength and how they use this in their everyday lives
- Do you agree with the strength they have identified or do you see a different strength in them? Use this as an opportunity to let them know what you see as their greatest strength
- Share your greatest strength with your child and ask them what strength they see in you

Bucket List

Participants create their own bucket list based on their passions and what they want to achieve and experience in life.

PURPOSE WORKSHOP



Call to Adventure

Participants are asked a series of questions which each have multiple choice answers to choose from. There are no right or wrong answers. Students choose the response that most suits them and are then lead to different pathways through a graph. This represents their choices in life and how these choices will guide them on their own unique journey.

Choose your own Adventure

Participants respond to a list of questions to identify what they get the most enjoyment from and how this can shape their pathway into the future. They start to develop a theme associated with their hobbies, passions and interests so that they can bring more of these types of things into their life.

Move Away / Move Towards

Here participants begin to reflect on what they would like to move away from and what they would like to move towards. For example: moving away from social media and moving towards spending time with family.

Discussion points at home:

- Ask your child what was on their bucket list. How can you support them with this?
- Perhaps create a family bucket list of things you can all experience together
- Ask your child what their passions are and what 'lights them up'
- Share with them the things that you are passionate about and see if there are any commonalities between you
- What did your child want to move away and towards? How can you support them with this?
- Ask your child what the word 'purpose' means to them
- Share what 'purpose' means to you

TRIBE WORKSHOP



The Tribe Workshop focuses on the values of **support, connection** and **community**.

Participants begin to look at their 'tribe', understanding that this extends past their immediate family, and also includes community mentors, peers and the community as a whole. The workshop consists of the participants identifying who their tribe is, **building connections** with their peers and reflecting on the past 5 pillars. As this is the last workshop in the series, it is a celebration of the participants' learnings throughout the previous sessions with various opportunities for them to reflect on their own experiences and connections developed throughout their entire LifeChanger journey.

ACTIVITIES:

Tribe Circle

In this activity participants capture the relationships in their lives within two circles. An inner circle for the top three most important people in their life and an outer circle for everyone else that they know and are in their tribe.

Open Hearted Message

This activity feeds off the tribe circle, in which participants select a person from one of their circles and then writes a letter to them telling them why they are grateful for them and what this person means to them.

Circle of Truth

In this activity, participants have a safe, non-judgemental space to break down barriers that can hold us back. Participants are asked a series of questions and they walk to the centre of the circle if their answer to the question is yes. Some questions are light hearted and fun, such as, "Walk to the centre if you think you're a good dancer." Whereas other questions are deeper and more thought-provoking.

Gratitude Line

Students take a moment to express what they appreciate about their friends and become more comfortable and familiar expressing and receiving gratitude.

TRIBE WORKSHOP



Discussion points at home:

- Ask your child who they identified as their 'tribe'
- Remind your child to give/send their gratitude letter to the person they wrote it to
- What are you most grateful for about your child? Tell them - you're guaranteed to make their day!
- At dinner, go around the table and have everyone says 3 things that they're grateful for and why

REFERRAL PARTNERS

LifeChanger Foundation also explores key referral partners within each community. These include but are not limited to:



HEADSPACE

www.headspace.org.au

Phone and online counselling
for young people 12 to 25 years

YOUTH BEYOND BLUE

www.youthbeyondblue.com

Information, resources and support for young people experiencing anxiety/depression, online (3pm to 12am) and phone support (24 hours)



KIDS HELPLINE

www.kidshelpline.com.au

Phone and web chat (24 hours)

BLACK DOG INSTITUTE

www.blackdoginstitute.org.au

Information, resources and support



LIFELINE

www.lifeline.com.au

24-hour crisis support

THANK YOU FOR BEING A LIFECHANGER

**We are so grateful to have you
as part of our community**

Questions? Please Contact

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