

LET'S TAKE A CLOSER LOOK AT:

Years
7 - 9

Champions



Why Champions?

At this stage of personal development, young people often struggle with their sense of self, finding it difficult to cope with the changes happening in their world and their need to create meaningful relationships.

The Champions stage on the Creating Chances Youth Development Pathway offers academically designed and researched programs to inspire participants to explore and develop their personal and social skills as they learn to understand themselves, others and their community.

Using an experiential learning model of delivery, Champions uses a combination of workshop based activities and sport activities to provide an opportunity for students to experience, reflect and relate skills and strategies designed to reflect their lives in the 21st Century. With innovative, engaging and relevant content, Champions programs focus upon the development of four aspects of emotional intelligence:

- Creating self
- Creating coping mechanisms
- Creating positive relationships
- Creating social responsibility

Program options

Pathway stage: Champions

Outcome: Creating self-aware and responsible learners

Suitable for: Years 7, 8 and 9

Targeting: Whole year groups
Targeted smaller groups

Program options:

One-day Champions

A 6-hour workshop designed for a whole year group. Practical delivery using experiential learning methods with workshop and sports activities across different learning spaces. Modules can be tailored with options including: **positive relationships** | **building resilience** | **conflict management** | **engagement with school** | **overcoming stereotypes** | **stress management** | **empathy** | **advocacy**

One-term Champions

20 hours (10 sessions) of experiential learning workshops and sport sessions with tailored modules for 15-20 students focusing on: **values** | **confidence building** | **self-awareness** | **building resilience** | **positive thinking** | **goal setting** | **time management** | **relaxation** | **problem solving and decision making** | **communication** | **teamwork** | **conflict management** | **appreciating diversity** | **overcoming stereotypes** | **rights and responsibilities** | **advocacy** | **empathy**

Champions: Tailored options

Talk to our team for a tailored solution for the challenges facing the students in your school

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