

THE flourish JOURNEY



Level 1, 2 & 3 Workshop Brochure

**Previously known as Flourish Girl*



The Flourish Journey acknowledges the Traditional Owners of the land throughout Australia and recognises their continuing connection to land, waters, community, and culture. We pay our respect to Elders past and present and, through them, to all Aboriginal and Torres Strait Islander people. In particular we acknowledge the role that First Nations women have and continue to play in caring for country and shaping communities. This always was and always will be Aboriginal land.



Who Are We?

Fostering a generation of empowered, resilient and connected teenage girls who can shape a future where everyone flourishes as their best selves.

While our expertise lies in catering to the needs of teenage girls, our audience is inclusive and aspires to include anyone who identifies as female and/or gender diverse. We design our workshops with the intention of creating a welcoming space for individuals across the gender diversity spectrum. At The Flourish Journey, we are dedicated to embracing and empowering all participants, irrespective of their gender identity.

Our Framework

The Flourish Journey

Self Awareness
Self Confidence
Social Connectedness

Level 1: Identity

Self Awareness
Validation
Autonomy
Confidence

Level 2: Relationships

Social Awareness
Empathy
Belonging
Connectedness

Level 3: Leadership

Community
Oneness
Purpose
Agency



A Letter From Us

Hello and welcome to The Flourish Journey,

Thank you for considering The Flourish Journey programs for your students. I am delighted to introduce you to our transformative, engaging and interactive programs tailored to empower teenage girls. With extensive experience in supporting 20,000+ teenage girls across Victoria, we have gained invaluable insights into the challenges they face today.

Our aim at The Flourish Journey is simple, yet profound: to create a nurturing environment where teenage girls can flourish. Through our programs, we offer a safe space for students to share their stories, explore their emotional landscape, cultivate healthy relationships and foster meaningful connections with their peers.

This brochure serves as a guide to our interactive three day programs, designed to lead students on a journey of building self awareness, self confidence and social connectedness.

Should you have any inquiries or wish to explore how our programs can benefit your students, please don't hesitate to reach out to our dedicated team.

Warm regards,
Fiona Sanford
CEO of The Flourish Journey



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I just wanted to say that this was one of the best things I have done. Today has made me feel so much more confident and connected to everyone

YEAR 10 STUDENT

”



LEVEL ONE

IDENTITY *Flourish with Self*

Our foundations! Developing the participants self awareness levels.

Our Level 1 workshop takes your students on a journey of understand themselves better by helping them to recognise their strengths and areas for personal growth. Students gain clarity on their personal goals and values, laying the foundation for confident self-expression and decision-making.

At the end of our Level 1 program, we aim for participants to:

- Show evidence of increased self-awareness through journaling, self-assessments, or reflective activities.
- Articulate a clearer understanding of their values, strengths, weaknesses, and emotions.
- Exhibit improved active listening skills and empathy towards others' perspectives.
- Demonstrate effective communication, both verbal and non-verbal, in various contexts.



LEVEL TWO

RELATIONSHIPS *Flourish with others*

After laying the foundations for teenagers to better understand their relationships with themselves, we take participants on a journey to better understand their relationships with other people.

Our Level 2 workshop emphasises the importance of resilience and embracing failures as learning opportunities. Participants will cultivate the courage to take risks, speak up, and take initiative, fostering a sense of empowerment and confidence in their abilities.

At the end of our Level 2 program, we aim for participants to:

- Display increased confidence in expressing their ideas, opinions, and thoughts in group settings.
- Demonstrate a willingness to take calculated risks and step out of their comfort zones.
- Actively engage in collaborative tasks, contributing ideas and respecting diverse viewpoints.
- Demonstrate effective teamwork and the ability to work towards common goals.



LEVEL THREE

LEADERSHIP

Flourish with Community

Our final full-day workshop creates an opportunity for students to explore how they can become leaders, feel a sense of belonging and purpose within their community. They will leave equipped with the skills and motivation to initiate positive changes, collaborating with others to address local challenges and create impactful solutions.

At the end of our Level 3 program, we aim for participants to:

- Participants exhibit an expanded network of relationships within their community.
- They demonstrate a sense of belonging and support within their social circles.
- Participants actively involve themselves in community-based projects or initiatives aimed at addressing local issues.
- Participants show evidence of taking initiative and leadership in creating positive change.
- They exhibit a sense of empowerment in addressing challenges and finding solutions.
- They demonstrate creativity and innovation in proposing solutions.



Our Frameworks

rites of passage

A means by which individuals are guided through the difficulties of transition from one social role to another, in this case teenagers to young adults.

SELF DETERMINATION THEORY

A broad framework for the study of human motivation and personality. This theory makes the distinction between intrinsic and extrinsic motivation in relation to cognitive and social development.

POSITIVE EDUCATION

Positive Education teaches young people the skills they need to support and manage their mental health and wellbeing, assisting them to make a successful transition into adulthood and draws upon research from Positive Psychology and wellbeing science.

PYSCHOLOGICAL SAFETY

A framework that acknowledges we're humans first and follows a universal pattern that reflects the natural progression of human needs in social settings.

KOLB'S EXPERIENTIAL MODEL

A framework typically represented by a four-stage learning cycle in which the learner has an experience, reflects upon that experience, formulates new ideas or understandings then has the opportunity to put these new learnings into practice.

RESILIENCE, RIGHTS AND RESPECTFUL RELATIONSHIPS CURRICULUM MAPPING

As per the Victorian Resilience, Rights and Respectful Relationships curriculum, our workshops are designed to develop student's skills in emotional understanding and regulation and in positive relationships. Efforts to promote social and emotional skills in young people have been shown to improve health related outcomes and subjective wellbeing.

	Level 1	Level 2	Level 3
Topic 1: Emotional Literacy	Yes	Yes	Yes
Topic 2: Personal Strengths	Yes	Yes	Yes
Topic 3: Positive Coping	Yes	Yes	-
Topic 4: Problem Solving	Yes	Yes	Yes
Topic 5: Stress Management	Yes	-	-
Topic 6: Help-Seeking	Yes	Yes	Yes
Topic 7: Gender and Identity	Yes	Yes	-
Topic 8: Positive Gender Relations	-	Yes	-

*This has been mapped directly from the Resilience, Rights and Respectful Relationships Victorian Curriculum

Get in touch



Colleen Church

Program Sales & Relationships Manager
colleen@theflourishjourney.org