

Presentations: Co-ed delivery

Teacher Feedback: "Students were hooked from start to finish, they related to Pat's stories and left thinking differently."

Find Your Fire: Identity, Direction & Ownership

1 Period/60 minutes

Helping young men take ownership of their choices and direction in life:

- Develop a clear sense of personal identity and purpose to guide decisions
- Translate daily habits into measurable progress toward long-term goals
- Set actionable goals that reflect values, not social pressure
- Move from hesitation and procrastination to consistent action with practical tools
- Understand how mindset drives motivation, behaviour, and effort in real-world outcomes

NSW School Outcomes:

Stage 4: PH4-SMI-01, PH4-SHW-01, PH4-RRL-01

Stage 5: PH5-SMI-01, PH5-SHW-01, PH5-IPS-01, PH5-RRL-01, PH5-IBC-01

Life Skills: PHLS-SMI-01, PHLS-SMI-02, PHLS-RRL-01, PHLS-IBC-01

Rewired: How Gaming, Social Media & Online Habits Shape Behaviour

1 Period/60 minutes

Helping students understand and take control of their digital lives:

- Explore how dopamine and reward systems shape attention, motivation, and habits
- Understand how gaming, social media, and online content affect focus, emotion regulation and self-control
- Identify patterns that lead to addictive behaviours and learn strategies to break these loops
- Implement practical, realistic screen boundaries to support study, rest, and healthy relationships

NSW School Outcomes:

Stage 4: PH4-SMI-01, PH4-SHW-01, PH4-RRL-01

Stage 5: PH5-SMI-01, PH5-SHW-01, PH5-IPS-01, PH5-RRL-01, PH5-IBC-01

Life Skills: PHLS-SMI-01, PHLS-SMI-02, PHLS-RRL-01, PHLS-IBC-01

Lead Yourself: Emotions, Choices & Personal Power

1 Period /60 minutes

Helping students take control of their behaviour, relationships, and decision-making:

- Understand how emotions influence behaviour and daily choices
- Recognise personal triggers and develop strategies to pause before reacting
- Use practical tools to manage anger, frustration, and impulsive actions
- Build resilience and self-regulation skills to navigate challenges and strengthen relationships

NSW School Outcomes:

Stage 4: PH4-SMI-01, PH4-SHW-01, PH4-RRL-01

Stage 5: PH5-SMI-01, PH5-SHW-01, PH5-IPS-01, PH5-RRL-01, PH5-IBC-01

Life Skills: PHLS-SMI-01, PHLS-SMI-02, PHLS-RRL-01, PHLS-IBC-01

Student Feedback: "This presentation was life changing... Can I do another one?"

APPLICATION
EQUALS
TRANSFORMATION

Presented by a
NSW & VIC teacher



Education

10+
years of teaching

More program info

Workshops: Young Men

When young men are given the right tools, everything begins to shift

Session 1 – Lead Yourself: Identity & Emotional Mastery

2 periods

Helping students understand themselves, make better choices, and communicate with confidence.

Students:

- identify their personal values and understand how these guide their choices
- recognise their emotions and apply strategies to manage them effectively
- take ownership of their behaviour and responses in challenging situations
- improve communication skills and demonstrate respect in team activities
- connect self-awareness to positive decision-making and leadership

NSW School Outcomes:

Stage 4: PH4-SMI-01, PH4-SHW-01, PH4-RRL-01

Stage 5: PH5-SMI-01, PH5-SHW-01, PH5-IPS-01, PH5-RRL-01, PH5-IBC-01

Life Skills: PHLS-SMI-01, PHLS-SMI-02, PHLS-RRL-01, PHLS-IBC-01

Student Feedback: "This workshop helped me have deeper conversations at home with my parents about my emotions, challenges I was facing and getting organised."

Session 2 – Own Your Path: Masculinity, Role Models & Digital Balance

2 periods

Helping students understand masculinity, make positive choices, and manage technology responsibly.

Students:

- define masculinity and navigate the transition from boyhood to manhood
- identify positive and negative role models and understand their influence
- recognise social pressures and expectations on young men
- understand the impact of gaming, social media, and online content on wellbeing
- evaluate how screen use affects confidence and motivation
- create a personal plan to build healthier habits and balance

NSW School Outcomes:

Stage 4: PH4-SMI-01, PH4-SHW-01, PH4-RRL-01

Stage 5: PH5-SMI-01, PH5-SHW-01, PH5-IPS-01, PH5-RRL-01, PH5-IBC-01

Life Skills: PHLS-SMI-01, PHLS-SMI-02, PHLS-RRL-01, PHLS-IBC-01

*Promotes digital responsibility, respectful relationships, and wellbeing in line with NSW Education policies

Student Feedback: "The workshop helped me realise that being yourself isn't weird and you don't have to hide it to impress others and be something that your not."

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9 Week Program: Young Men

A transformative program that breaks down walls so students can talk about the “real stuff”

Week 1 & 2

Attitude and Self Awareness

- Understanding how attitude shapes outcomes and effort
- Reframing setbacks as opportunities to grow stronger
- Learning tools for persistence and bounce-back ability
- Exploring personal values, habits, and triggers
- Understanding how self-perception influences behaviour
- Building awareness of strengths and growth areas

Week 3 & 4

Confidence Building and Goal Setting

- Challenging negative self-talk and limiting beliefs
- Building inner confidence through action and consistency
- Recognising how confidence connects to respect and leadership
- Setting meaningful goals aligned with personal values
- Building systems for self-discipline and consistency
- Taking ownership of choices and follow-through

Week 5 & 6

Masculinity and Cyber Safety

- Understanding masculinity and how expectations shape young men
- Discussing real examples of what it means to “be a man” today
- Exploring transition from boyhood to manhood
- Recognising the impact of gaming, social media and online content
- Building awareness around online influences (manosphere, porn culture).

Week 7 & 8

Setbacks, Motivation and Emotion IQ

- Understanding stress, anxiety and mood regulation
- Promoting healthy routines around sleep, exercise and balance
- Reducing stigma and learning how to seek support
- Understanding emotions and recognising emotional cues
- Learning how to respond, not react
- Building empathy and perspective-taking skills

Week 9

Build a Vision with Purpose

- Reflecting on growth across the program
- Students build out the next phase of their self development
- Defining purpose, direction, and habits for long-term success

Inclusions

- ✓ 9 x 60 minute sessions
 - ✓ Student workbook and progress tracking
 - ✓ 1 online parent evening Week 1
 - ✓ 1 in person parent evening Week 9
 - ✓ Weekly communication with school wellbeing staff
 - ✓ Weekly email summaries and supports for families
- Optional:** teacher debrief

Student Feedback: “He’s very good at connecting to the blokes in the room and not making us feel as uncomfortable when talking about hard things.”

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VIC Curriculum:

Levels 5–6: VCHPEP106, VCHPEP107, VCHPEP108; PSC – VCPSCSE009, VCPSCSE010, VCPSCSO014.

Levels 7–8: VCHPEP123, VCHPEP124, VCHPEP126, VCHPEP127, VCHPEP129; VCPSCSE035, VCPSCSE037, VCPSCSO038, VCPSCSO041.

Levels 9–10: VCHPEP142, VCHPEP143, VCHPEP145; VCPSCSE044, VCPSCSE046, VCPSCSO050.

Rewired: How Gaming, Social Media & Online Habits Shape Behaviour

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- Implement practical, realistic screen boundaries to support study, rest, and healthy relationships

VIC Curriculum

Levels 5–6: VCHPEP107, VCHPEP108; VCDTDS026; VCPSCSO033

Levels 7–8: VCHPEP126, VCHPEP127–129; VCDTDI037; VCPSCSO040, VCPSCSO041–042

Levels 9–10: VCHPEP144–145; VCPSCSO049, VCPSCSO051

*Designed in line with Victorian Department of Education policies promoting digital responsibility, respectful relationships, and student wellbeing in the modern world.

Lead Yourself: Emotions, Choices & Personal Power

1 Period/ 60 minutes

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- Recognise personal triggers and develop strategies to pause before reacting
- Use practical tools to manage anger, frustration, and impulsive actions
- Build resilience and self-regulation skills to navigate challenges and strengthen relationships

VIC Curriculum:

Levels 5–6: VCHPEP106–108; VCPSCSO032–033

Levels 7–8: VCHPEP124, VCHPEP128, VCHPEP126; VCPSCSE034, VCPSCSE036–037

Levels 9–10: VCHPEP142–143; VCPSCSE043–046

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VIC Curriculum:

Levels 5–6: VCHPEP106–108; VCPSCSE009–010, VCPSCSO014–015

Levels 7–8: VCHPEP123–126, VCHPEP128–129; VCPSCSE034–037

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Student Feedback: “This workshop helped me have deeper conversations at home with my parents about my emotions, challenges I was facing and getting organised.”

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VIC Curriculum

Levels 5–6: VCHPEP107–108; VCPSCSO029–033

Levels 7–8: VCHPEP127–132; VCDTDI037; VCPSCSO038–042

Levels 9–10: VCHPEP144–145; VCPSCSO047–051

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