



PROGRAM COST

\$200 p/a + GST Your Dream Schools
(Unlimited students)

\$400 p/a + GST Non Your Dream Schools
(Unlimited students)

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Please contact our office

YOUR DREAM SCHOOL PROGRAMS

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SPARC

STUDENT SMALL GROUP PROGRAM

HIGH SCHOOL & PRIMARY SCHOOL
Tailored & Evidence Based Group Program

SOCIAL SKILLS - PURPOSE - AWARENESS - RESILIENCE - CONFIDENCE

OVERVIEW



SPARC is an eight week social and emotional student small group program that focuses on five key areas. The program encourages students to dream big, set goals, work in teams and equips them with basic fundamental skills to navigate life's various challenges.

SOCIAL SKILLS



Developing a student's ability to foster healthy relationships through appropriate communication, words, body language and manage social interactions effectively.

PURPOSE



Establishing a purpose, having a purpose or attaching a purpose to something can motivate an individual to fulfill that purpose in their life.

AWARENESS



Developing the awareness of self. Awareness of one's emotions and different triggers. Also the awareness of others, understanding how others are feeling and engaging appropriately.

RESILIENCE



Equipping students with strategies to bounce back when challenges knock them down. To look at challenges as an opportunity to grow and learn.

CONFIDENCE



Embracing who you are. Celebrating all the amazing things that make you, you. Avoiding comparison and wanting what others have, identifying your gifts and strengths and using them to boost confidence.

SESSION FOCUS



WEEK

1

Overview of SPARC establish SPARC rules, conduct student Week 1 surveys.

WEEK

2

GOAL SETTING

The importance of having a goal or a dream. Practically breaking it down into smaller achievable goals. Practical steps to apply this into everyday life.

WEEK

3

SELF ESTEEM

The importance of feeling good about yourself. Equipping students to value self and strategies to build self esteem and confidence.

WEEK

4

RELATIONSHIPS

How to build and foster healthy positive relationships. Identifying key people in the student's lives that are going to make a positive impact on them and also push them in the right direction.

WEEK

5

SOCIAL SKILLS

Giving students the necessary skills to appropriately interact with others in a culturally diverse environment.

RESPECT

Gaining student's understanding of what respect is. Self respect, respecting others and others respecting you.

WEEK

6

PROBLEM AND CONFLICT

Understanding that challenges are part of life, learning to recognise challenges and respond appropriately.

WEEK

7

OPPORTUNITY

How to turn challenges into opportunities, failure into success.

WEEK

8

MOMENTUM

Taking the information from this program and using it as momentum to achieve goals. Conduct Week 8 surveys.