



LEARNING FOR GOOD

BREED.

B. all you are meant to be

**OUR LEARNING FOR
GOOD PROGRAMS
WERE BORN OUT OF
THE DESIRE TO
HELP AND SUPPORT
OUR YOUTH.**

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BREED is a non-profit organization dedicated to empowering and supporting disadvantaged and vulnerable communities and businesses in Sydney's Western Suburbs and beyond.

Our Learning for Good Programs were born out of the desire to help and support our Youth.

They were developed through extensive research aimed at understanding the challenges facing our youth. Through this research we have designed three programs. These are designed to assist their learning capabilities, emotional intelligence, belief structures and goal achievements to create and foster more purposeful, happy and healthy kids.

OUR PROGRAMS

EMOTIONAL INTELLIGENCE MASTERY:

Empowering Youth for a Resilient and Connected Future

Many young Australians struggle to make sense of their emotional landscape and how to respond in certain situations. In this 2-hour workshop, they'll learn:

- » What Emotional Intelligence is and how it can improve the quality of your life and your relationships
- » Understand how people communicate through their five senses and why body language is powerful indicator of how someone is feeling
- » The power of building rapport and active listening skills
- » Increased self-awareness, self-control, and how EQ can unlock your true potential

Through the use of interactive activities and real-life scenarios, each participant will walk away feeling empowered to navigate conflict with more ease, be able to empathise with others, form stronger relationships and rapport with themselves and those around them.

OUR PROGRAMS

MENTAL RESILIENCE MASTERY:

Empowering Our Youth to Overcome Life's Challenges

Rejection and setbacks are an inevitable part of life, but they don't have to define our journey. Even the most successful individuals like Steve Jobs and JK Rowling faced numerous obstacles before achieving their dreams.

In this interactive 1 to 2 hour workshop, students will learn:

- » **Effective strategies to reduce stress and boost motivation**
- » **Techniques to improve self-confidence and try new things**
- » **Proven methods to bounce back from adversity and take charge of their lives**
- » **Practical skills to build mental resilience and navigate through difficult thoughts, feelings, and situations**

This training provides students with tangible tools to cope with real-life scenarios. They'll walk away with a toolbox of skills to approach life with an open, joyous, and imaginative mindset, empowering them to thrive in the face of adversity.

GOAL ACHIEVEMENT MASTERY:

Unlocking Your Potential

Many people know how to set goals, but the true mastery lies in how to achieve them. Achieving goals requires tapping into your subconscious mind, where all your beliefs and habits are stored. Whether it's staying in school, landing their dream job, or saving up for something special, in this engaging 2-hour workshop, participants will learn:

- » **The power of the subconscious mind and how to harness it**
- » **Unique tips and techniques to set effective, achievable goals**
- » **How to identify and upgrade their inner roadmap for maximum goal attainment**
- » **Tactics to stay motivated and on track, even when faced with obstacles**
- » **The importance of a support system and how to build one**

This program is designed to equip youths with the tools and mindset to turn any dream into reality. By the end of this workshop, participants will walk away feeling empowered, motivated, and ready to take on any goals with confidence.

"THE LEARNING FOR GOOD WORKSHOPS THAT FOCUSED ON RESILIENCE, EMOTIONAL INTELLIGENCE AND GOAL ACHIEVEMENT WAS AMAZING. I FEEL THAT I HAVE MORE PURPOSE AND CAN MANAGE MY EMOTIONS WHEN I FEEL STRESSED. THE STORYTELLING PART WAS AWESOME AND I CANNOT WAIT TO SHARE MY LEARNING WITH MY FRIENDS AND MUM."

Our workshops are run by local experts who have children and/or lived experience and understand the everyday challenges faced by youth today.

BREED is a registered charity with the Australian Charities and Not for Profits Commission (ACNC).



If you'd like to learn more or book a workshop scan the QR code or visit <https://breedaustralia.com.au/youth-based-programs/>

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