

Program Overview

Unit 1: Foundations

1. Values
2. Permission Slips
3. Vulnerability
4. Building Trust
5. Grounded Confidence & The Rumble
6. Tuning into Mind Chatter

Unit 2: Emotional Intelligence

1. Becoming an Emotion Scientist
2. Recognizing & Understanding Emotions
3. Labelling Emotions
4. Expressing & Regulating Emotions

Unit 3: Mindset

1. Neuroplasticity
2. Growth Mindset
3. Optimism: Cultivating Positivity
4. ABC's of CBT
5. Thinking Traps
6. Real-time Resilience

Unit 4: Grit & Tenacity

1. Character Strengths
2. Self-Confidence
3. Perseverance
4. Setting & Achieving Goals

Unit 5: Mindfulness

1. Introduction to Mindfulness
2. Self-compassion
3. Breathing
4. Meditation
5. Savouring
6. Yoga

Unit 6: Mental Health Literacy

1. Mental Health vs. Mental Illness
2. Common Mental Illnesses
3. Understanding Stigma
4. Addressing Stigma
5. Positive Coping Skills
6. Seeking Support

Unit 7: Building Community

1. Belonging
2. Power & Privilege
3. Equality Versus Equity
4. Listening
5. Communication
6. Empathy
7. Everyday Leadership

