

## 1. Listening and Awareness

Learn to truly hear others—and yourself. In this workshop, explore how attention, body language and self-awareness can transform everyday conversations from superficial exchanges into moments of real connection and understanding.

## 2. Empathy and Perspective

Step into someone else's shoes and see the world through their eyes. This session helps you recognise and value different perspectives, building emotional intelligence, kindness and the capacity to respond to others with genuine care.

## 3. Respectful Expression

Find your voice without losing your relationships. Practice expressing thoughts, needs and boundaries clearly and assertively, while still honouring the feelings and dignity of the people around you.

## 4. Authentic Vulnerability and Safety

Discover the strength in being real. This workshop creates a guided, grounded space for you to explore honest sharing, learn what psychological safety feels like, and understand how to be open in ways that are both brave and wise.

## 5. Conflict Resolution

Transform conflict from something to fear into a chance to grow. This session equips you with practical tools to stay calm, listen deeply, speak respectfully and work towards solutions that leave everyone feeling heard and valued.

## 6. Compassion in Action

Turn good intentions into meaningful impact. Learn how to translate empathy into everyday actions—supporting friends, standing up for others, and making choices that contribute to a more caring, inclusive school culture and local community.