

Provider Details

My name is Sonny Lombardi, I have been an educator since 2009. I have worked predominantly with middle and senior students but have had teaching experience across all year levels and curriculum areas. I am trauma-informed trained and am currently undertaking a diploma of Counselling.

My passion for student wellbeing and health led me towards involvement with Operation Flinders exercises, student wellbeing programs such as CounterPunch and Drum Beat and eventually as Wellbeing Leader for a regional DfE R-12 school.

My aim is to support and supplement wellbeing in alignment with schools, largely focussing on Conscious Communication as a key tool to connect authentically with ourselves and the people in our immediate and extended communities.

Series Content & Outcomes

The Conscious Communication workshop series is an experiential, research-informed program designed for middle and senior secondary students. It draws on established Social and Emotional Learning (SEL) frameworks and evidence-based practices from CBT, mindfulness, NLP and interoception, and is delivered through 90–100 minute sessions that prioritise safety, engagement and practical skill-building. Students learn through movement, interactive activities, real-life school scenarios and guided reflection, ensuring they do more than hear about concepts—they actively rehearse and embody them together with their peers.

The series is closely aligned with the Australian Curriculum (Version 9.0) Health and Physical Education learning area, particularly the “Personal, social and community health” focus on identities, relationships and safe decision-making. Each workshop—Listening and Awareness; Empathy and Perspective; Respectful Expression; Authentic Vulnerability and Safety; Compassion in Action; and Conflict Resolution—strengthens students’ capacity to understand themselves and others, communicate clearly, manage emotions and navigate challenging interpersonal situations in and beyond school.

Throughout the program, students develop key General Capabilities, especially Personal and Social Capability, Ethical Understanding, Intercultural Understanding, Critical and Creative Thinking and Literacy, as they communicate, negotiate, reflect and problem-solve in structured activities. The content and pedagogy also reinforce core elements of the Keeping Safe: Child Protection Curriculum, such as recognising the right to feel safe, understanding body warning signs, setting and respecting boundaries, practising protective strategies and seeking support from trusted adults. In this way, Conscious Communication complements and extends existing Health and PE, wellbeing and child protection programs, offering schools a coherent, curriculum-aligned pathway to stronger relationships, safer classrooms and improved student wellbeing.