



A school-based program to empower youth, support wellbeing and holistically build resilience.  
Book your schools Wellness Warriors Workshop Incursion today.

#### FACTS:

- Research is indicating that our young people are experiencing alarmingly high rates of stress, anxiety and depression at earlier ages.
- As our young people often don't have the language to express how they are feeling these experiences can often go unnoticed and therefore untreated.
- Prolonged activation of the nervous system otherwise known as the stress response or "fight or flight" unfortunately leads to an experience of anxiety, depression and a myriad of other health and behavioural concerns including disengagement, overwhelm and anger.

#### SOLUTION:

- Wellness Warriors is a school-based program educating young people about the impact of stress, empowering them with life-long skills to tap into their internal Wellness Warrior and activating their relaxation response to experience a powerful sense of increased wellbeing.
- Wellness Warrior Workshops educate young people about their internal "Super Powers" that they can draw upon to manage their own feelings and effectively overcome daily challenges.



## OUTCOMES:



Increase confidence and wellbeing



Build self-awareness, self-control and coping skills



Improve cognitive function and learning outcomes



Grow language around feelings which leads to improved communication



Educating young people with lifelong skills as a solid foundation to build on into adulthood



Support Mental Health

## DETAILS:

- Incursion is delivered on your school grounds
- Investment \$15 per child
- Standard Workshops are 1 hour in length however the program can be tailored to meet the individual needs of the school
- Includes a FREE workshop for Teachers
- Includes a FREE workshop for Parents/Carers
- Each participating child receives a Certificate to accredit them as a Wellness Warrior

BOOK YOUR SCHOOLS WORKSHOP TODAY AND SUPPORT YOUR YOUNG PEOPLE TO THRIVE

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## About Jodee



Jodee Marques is a Wellbeing Coach & Educator who delivers Wellness programs throughout ACT & NSW. Jodee is a qualified Counsellor (DipCouns, MACA) and Trainer (Cert IV TAE) Accredited through the Australian Counselling Association (ACA) and the Professional Counselling Association of ACT & NSW (PCA), she is also a Registered Justice of the Peace (JP#2586) and holds a current Working with Vulnerable People Registration (WWVP#78191)



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