









2023 School Partnership Program

The Resilience Project's School Program is proven to work.

Independent university evaluations by the [University of Adelaide](#) and the [University of Melbourne](#) have proven the impact of our school program.

While COVID 19 had a devastating impact on the mental health of young people, the University of Adelaide's evaluation found that 83,022 students from TRP schools experienced consistent wellbeing from 2019-2021. This was in stark contrast to the 79,699 students surveyed from non-TRP schools.

Measure	TRP Students	Non-TRP Students
Depressive Symptoms	 Consistent	 Increased
Anxiety Symptoms	 Consistent	 Increased
Life Satisfaction	 Improved	 Declined

What's new for 2023?

In our commitment to continuous improvement, our partnership program for existing schools is now categorised under three key headings: **Engage**, **Inspire** and **Extend**. Along with everything you currently experience as part of the program, there will be a number of **exciting new initiatives to further support teachers, students and parents in 2023**.



ENGAGE (Required)

- Culturally sensitive and inclusive lessons, indigenous perspectives, visuals and prompts.
- A parent communication pack to inform and connect parents with TRP program.
- A GEM pack with posters and other visual templates, ready to print and place around the school.
- A staff professional development event to introduce the program to new staff and build their knowledge.



INSPIRE (Optional)

- A suite of new digital presentations from Martin (students) and Hugh (teachers/parents).
- A range of new workshops focused specifically on Gratitude, Empathy, Mindfulness (GEM) and Emotional Literacy to help build teacher capacity.
- A new 'Authentic Connection' presentation for staff with Hugh or Martin



EXTEND (Optional)

- A new workshop to provide parents and carers with their own practical toolkit to practise GEM at home.
- A brand new 'Authentic Connection' presentation for parents & carers, delivered by either Martin or Hugh.



ENGAGE

(Required)

The **ENGAGE** element is our core teaching and learning program, which supports schools to continue to embed GEM into daily practice and through dedicated lessons.

Engaging Teachers

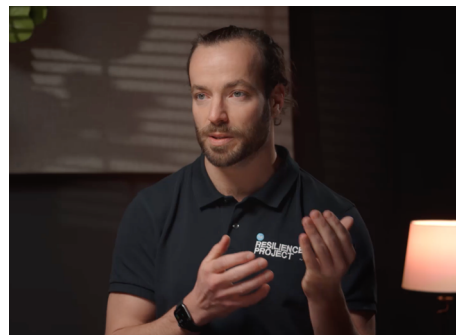
Teachers are provided with **up to 30 comprehensive lesson plans for each year level**, which are now **culturally inclusive** thanks to our partnership with indigenous-led organisation, **Culture is Life**.

Engaging Students

Students will receive a student journal to complete lessons and participate in the Resilient Youth survey, allowing you to **continue to understand the wellbeing profile of your school**.

Engaging Parents & Carers

Further **support for parents is also available** through a detailed communication pack and online resource, **TRP@Home**.



Overview

	Students	Staff	Parents/Carers	School	Cost
ENGAGE	Teaching & Learning Program: <ul style="list-style-type: none">• Student journal with:<ul style="list-style-type: none">» Up to 30 year level-specific lessons.» GEM conversation starters.» GEM-themed games and activities.• Participation in the Resilient Youth Survey.	Teaching & Learning Program: <ul style="list-style-type: none">• Up to 30 teacher lesson plans for every year level.• Culturally responsive designed curriculum.• Lessons mapped against curriculum standards.• Dedicated online teacher platform.• Professional learning event for new teachers to your school.	Engagement Initiatives: <ul style="list-style-type: none">• Parent/carer newsletter.• TRP@Home activities for parents.• Dedicated online parent/carer hub with supporting resources.• Parent communication pack.	Engagement Initiatives: <ul style="list-style-type: none">• Dedicated School Partnership Manager.• GEM Pack (digital classroom posters, display boards).• Digital certificates for all staff professional development.• Termly newsletter.	\$19 / Student (excl. GST) <p>The student fee can be covered by the school or added to the school's booklist.</p>



INSPIRE

(Optional)

To continue to **INSPIRE**, a digital suite of tailored presentations is available for students, staff and parents/carers.



Inspiring Presentations

Our highly engaging, tailored presentations will help the whole school community (teachers, students, parents & carers) to **remain connected with the GEM principles** and **be inspired** to continue regular practice.

Staff will also have the opportunity to **further develop their knowledge and capacity** through:

- A **live staff webinar** with Hugh van Cuylenburg or Martin Heppell.
- A **staff 'TRP in Action' workshop**, where your school partnership manager will liaise with you to suggest a workshop which best meets the needs of your school.

Overview

	Students	Staff	Parents/Carers	School	Cost
INSPIRE	Presentations: <ul style="list-style-type: none">• 4x age-specific digital presentations:<ul style="list-style-type: none">» Primary: F-2 & 3-6; or» Secondary: 7-9 & 10-12.	Presentations: <ul style="list-style-type: none">• 4 x 15-minute digital presentations / PD Sessions.• Live 'Authentic Connection' Webinar with Hugh or Martin.• A 'TRP in Action' workshop focused on your choice of Gratitude, Empathy, Mindfulness or Emotional Literacy.	Presentations: <ul style="list-style-type: none">• 4 x 10-minute digital presentations.• Live 'Authentic Connection' Parent/Carer Webinar with Hugh or Martin.	Professional Development: <ul style="list-style-type: none">• Resilient Youth Survey Results Briefing.	\$3,500 (excl. GST) Choice of presenters for the digital presentations: <ul style="list-style-type: none">• Hugh van Cuylenburg• Martin Heppell• Martin (Students) and Hugh (Staff & Parents)



EXTEND

(Optional)

To **EXTEND** the program, there are a range of additional offerings to enhance staff wellbeing and parent connection.

In addition to our Teacher Wellbeing Program, Teacher Wellbeing and Connected Parenting Workshops, we are excited to announce a parent/carer webinar that helps to extend GEM practice into the home.

Extending Staff

Teacher Wellbeing Program

A comprehensive 20-week program to support your staff's wellbeing, which includes:

- Staff Resilience Survey and data insights.
- Teacher Wellbeing Webinar – Looking After Yourself (Combined with other schools).
- Teacher Wellbeing Webinar – Looking After Each Other (Combined with other schools).
- 10-part Teacher Wellbeing Series featuring 2-3 minute videos on key wellbeing strategies.
- (Optional) 21-day or 6-month journal for each staff member.

\$3,500 (excl. GST) + optional journal cost



Teacher Wellbeing Workshops

Looking After Yourself:

This interactive workshop is an opportunity for teachers to put themselves first. The workshop support teachers to reflect on their current self-care practices and explore ways to apply Gratitude, Empathy and Mindfulness (GEM) principles and healthy habits in their own lives. Everyone will leave with an individual plan of practical strategies to put in place to improve their own wellbeing.

Looking After Each Other:

This practical workshop is designed to build stronger connections amongst staff. Knowing that relationships are a key protective factor for stress and burnout, this workshop equips staff with simple strategies to build trust, listen with empathy, be vulnerable with each other and ultimately strengthen relationships.

Face To Face \$1,900 (excl. GST)
Webinar \$500 (Combined with other schools – excl. GST)

Extending Parents & Carers

Connected Parenting Workshop (Limited Availability)

This Connected Parenting workshop with educator and parenting expert, Lael Stone, provides parents and carers with:

- Practical strategies to build stronger connections with children.
- Ideas to support children when they are facing adversity.
- Ways to assist children in building emotional resilience.
- Simple strategies to build cooperation.
- Tips to deal with our own triggers as parents or carers.

Face To Face \$1,900 (excl. GST)
Webinar \$500 (Combined with other schools – excl. GST)



'Authentic Connection' Parent & Carer Webinar

Hugh and Martin are excited to deliver a new presentation, Authentic Connection. Through emotionally engaging stories and practical strategies, this session will help parents/carers understand the benefits of letting go of shame, perfection, ego and control. It will combine powerful research with candid storytelling, along with a few laughs to help support what is arguably the toughest job in the world... being a parent.

Webinar \$500 (Combined with other schools – excl. GST)

'TRP In Action' Workshop

As we know a whole school approach is key to supporting student wellbeing, this online workshop is designed to inspire your parents with new ideas and simple strategies to extend GEM practice from the classroom into the family home.

Webinar \$500 (Combined with other schools – excl. GST)

Overview

	Staff	Parents/Carers	Cost
EXTEND	Program: <ul style="list-style-type: none">• Teacher Wellbeing Program. Workshops: <ul style="list-style-type: none">• Teacher Wellbeing Workshop: Looking After Yourself.• Teacher Wellbeing Workshop: Looking After Each Other.	Workshops: <ul style="list-style-type: none">• Connected Parenting Workshop.• 'TRP in Action' Workshop for Parents/Carers.• Live 'Authentic Connection' Parent/Carer Webinar with Hugh or Martin.	Online Webinar \$500 (excl. GST) In-Person Workshop \$1,900 (excl. GST)* Teacher Wellbeing Program \$3,500 (excl. GST)

**Availability is limited for in-person workshops and travel costs may apply.*