

SHE CAN

Equipping young women with future-focused skills before they leave school.



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Backing young women to be future ready
before they leave school.



SHE CAN HABITAT WORKSHOP

By shifting focus away from traditional goal setting models, students are introduced to an evidence and process based goal setting strategy and are supported in developing and committing to achieving a goal in the present. Using real life scenarios students develop a plan for habit change, preempt potential barriers and a plan grounded in resilience to overcome them.

- Importance of choice and accountability
- Value of process/grit over end result
- Evidence based strategies for positive habit change
- Value of goals and micro habits in creating change
- Strategies to overcome procrastination and build self-motivation

KEY OUTCOMES

- Students can use four essential strategies to build an environment that supports their goals
- Students understand age relevant goal setting strategies that prioritise a growth mindset over end goal
- Students develop a personal goal setting strategy that can be achieved within 3 weeks
- Students can identify key people, groups and organisations that can support them in goal attainment
- Students are confident to ideate and create a tangible process towards their future goals
- Students receive access to She Can toolbox containing templates and workbook
- **Students can access the She Can Online Hub with future resources and support**

SET UP

- Workshop can extend from 1 - 1.5 hours
- Students require their own pen



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Tricia is the co-founder and facilitator for She Can workshops. A Gen Z youth advocate and trained facilitator, Tricia prioritises the long term behaviour change of her students. This is achieved through interactive and digitally augmented content that meets curriculum outcomes and remains relevant to students everyday lives and worldviews.

Tricia is a 2018 Layne Beachley Foundation Scholarship Recipient, One Girl Ambassador, Sister Cities Youth Delegate and has facilitated to over 13,000 students in Newcastle, Victoria and Canberra. She has also delivered presentations and workshops at various conferences, and student leadership days.

WHAT THEY THINK

"Thank you for bringing your Enterprise workshop and showing us what you do. It helped me gain clarity and insight into what language and inspiration is put out there for young females, and empowered me with some new approaches and ways of thinking. It's important work."

- Behaviour Change Facilitator, Karrikins Group

"The messages along the way were powerful, inspiring and engaging. So much so that I commented that I could only hope for a lesson like this where each and every one of the girls not only actively engaged in productive ways but learned to much."

- Learning and Support Teacher, Tomaree Highschool NSW

"I attended one of She Can's Holiday workshops, inspiring girls to dream big, set goals and smash them. The workshop really resonated with me. Thanks to them I have completed every single one of my goals and I truly and wholeheartedly support the work they do."

-Year 11 Student, Newcastle