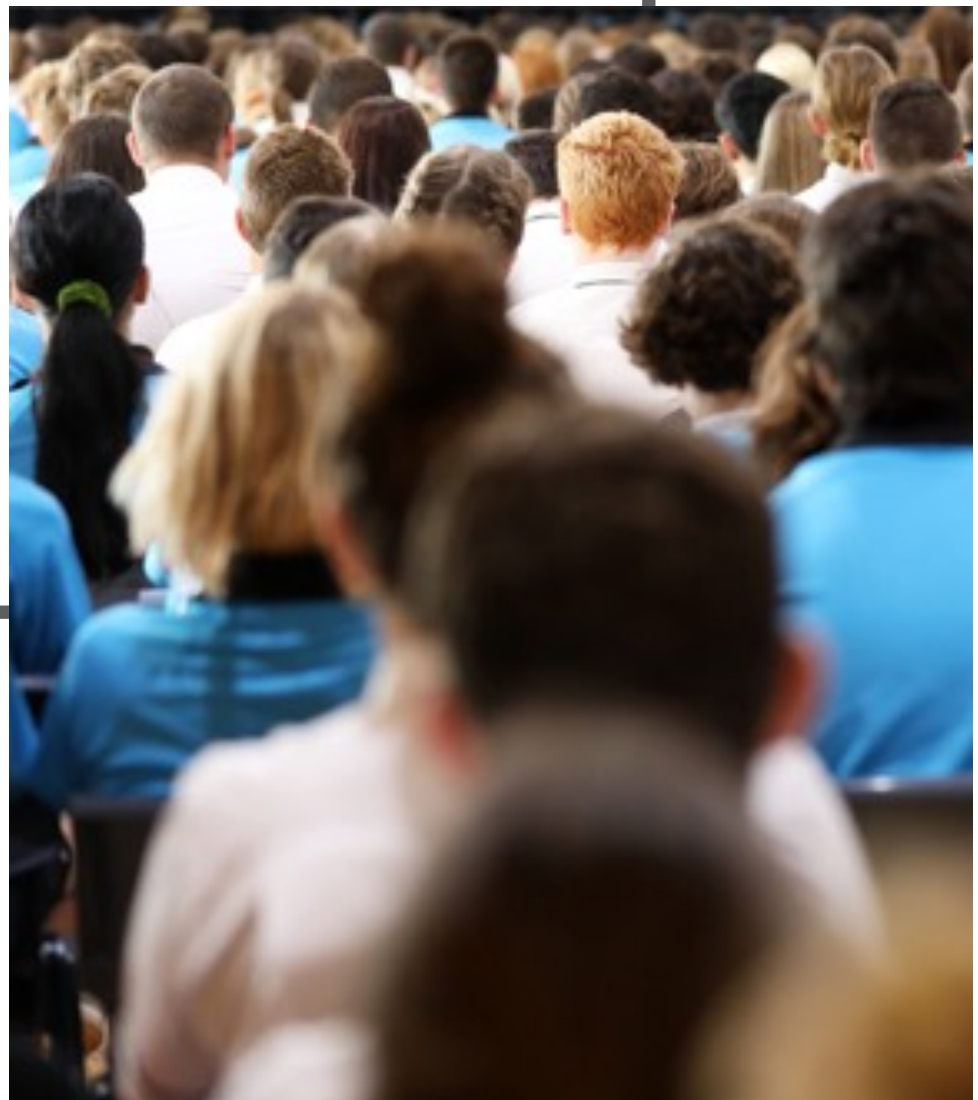




CUT THROUGH
COACHING & CONSULTING

STUDENT **WORKSHOPS** & PROGRAMS

2020



— WWW.CUTTHROUGHHQ.COM

Learning to Bounce

UPPER PRIMARY & HIGH SCHOOL - UP TO 60MINS

What is resilience? Why is it important? Let's explore what we can learn from failure, to not only ensure we bounce back, but to strengthen our ability to bounce forward.

Key themes: Resilience, Combating Automatic Negative Thoughts, Internal and External Factors



What's in the Well?

UPPER PRIMARY & HIGH SCHOOL - UP TO 60MINS

How do we feel? How do our emotions impact the way in which we 'show up'? Students will explore how our mindsets can keep us from becoming our best selves, and start to look at what it *really* means to have a happy and healthy mind.

Key themes: Well-being, Mindset, Positive Psychology, Mindfulness, Emotional Intelligence

What's the Point?

HIGH SCHOOL - UP TO 60MINS

Who are we? And what are we looking for? This talk focuses on finding meaning. Students will start to explore ways in which they can start to draw meaning from and find purpose and meaning in their everyday life.

Key themes: Motivation, Engagement, Positive Psychology



Be Your Best

SENIOR HIGH SCHOOL - UP TO 90MINS

This talk focuses on the factors essential for peak performance. Whether it be study, or life in general, this talk is aimed to inspire students to take ownership of their lives.

Key themes: Peak Performance, Health, Positive Psychology, Mindset

BE STRONG PROJECT

UPPER PRIMARY - MULTIPLE VISIT PROGRAM

What does it mean to be a young man in today's world?

How do I build self awareness?

This is an immersive program that aims to build identity, resilience, personal signature strengths, and leadership in young boys in upper primary.

Typically ran in return visits with smaller groups.

Key themes: Self Awareness, Reflection, Mindset, Positive Psychology, Values, Story, Vulnerability, Emotional Intelligence.

You can find out more about the the Be Strong Project at:

<https://bestrongproject.com/>

Be Strong Project
2019 Alumni



THOMAS KREIGER

THOMAS IS OUR STUDENT PROGRAM FACILITATOR AT CUT THROUGH.

HE IS A QUALIFIED TEACHER WHO HAS TAUGHT IN AUSTRALIA AND THE UK.

HE SPENT CHRISTMAS 2019 BUILDING A SCHOOL IN NEPAL.

HE HAS THE ABILITY TO CONNECT WITH STUDENTS AND STAFF ALIKE ABOUT IMPORTANT ISSUES RELATING TO STUDENT SUCCESS & WELLBEING.



"THOMAS CREATES AN ENVIRONMENT THAT THESE STUDENTS WOULDN'T NORMALLY EXPERIENCE IN THE DAY TO DAY CLASSROOM."

KRISTY JUBB - ASSISTANT PRINCIPAL, NSW DEC.

"I LEARNT THAT I CAN SUCCEED! I AM MORE CONFIDENT AND FEEL LIKE A STRONG LEADER."

AESIA - YEAR 6 STUDENT

"THAT WAS AWESOME - YOU MADE IT MAKE SENSE. I'VE ALWAYS THOUGHT I WAS DUMB, BUT YOU HELPED ME REALISE I DO HAVE SOMETHING TO OFFER."

ALI - YR 11 STUDENT

CONTACT US

All our workshops & programs are tailored to you.
Contact us now to arrange a time to have a chat.

ph: 02 9567 4793

e: hello@cutthroughhq.com