



UNLEASHING PERSONAL POTENTIAL

# STEP UP

## AUSTRALIA'S MOST ENGAGING AND TRANSFORMATIVE STUDENT LEADERSHIP INCURSION

Through STEP UP, we bring to your school the best research from psychology, neuroscience and education for junior secondary students, and combine it with pedagogy that engages young learners and inspires action.

This process seeks to help students develop an understanding of growth mindsets and neuroplasticity; use evidence-based practices for setting goals; develop healthy habits; and establish and nurture healthy relationships.

"A really dynamic presentation with a fabulous balance and variety of activities- which were expertly connected to the core messages. Very powerful in engaging our students, and making it real and relevant to them."

– Berni Sligar- Brigidine College, Indooroopilly

"Presenters were engaging, approachable and pitched the presentation at our year 7's well. The messages

were well received by our students."

– Chris Humphrys- Transition Coordinator- Padua College, Kedron

"This program makes a difference in unlocking the potential of our students."

– Ken Ernst- Deputy Principal, Maroochydore State High School

## STEP UP

The Step Up program is aimed towards yr 7-12 and can either be a full day incursion, 3 different impact sessions done over a few days, or just a 1 off single session. The Step Up program covers the topics of:

**Growth Mindset – The Power of YET; Neuroplasticity; The power of the brain; Exploring growth and fixed mindsets; Discovering how we can challenge fixed mindsets**

**Grit – Just do W.I.T.; Goal setting ; Learning from famous failures; Learning to F.O.C.U.S**

**Wellbeing – Mates that count; Active Constructive Responding (ACR); Rising by lifting others ; Affirming others through shout-outs**

## DETAILS AND PRICING

The investment for this engaging and transformative incursion and included follow-up material is \$18+GST/student (minimum investment of \$1,800+GST/day), plus travel expenses (if applicable). The incursion is run by UPP at your school with a whole cohort of students. The best venue is your school hall (or similar), as we use a learning, action, reflection process throughout the day. For the greatest impact, we recommend that classroom teachers are present and involved for the whole day, as this has many benefits to the students and school moving forward.