



STEP UP

BY
UNLEASHING PERSONAL POTENTIAL



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- Middle School Coordinator- 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

Typical Sessions

- Whole cohort for a whole day (up to 180 students from a single cohort).
- 2 x half days with each half of the cohort (for groups of 150-360 students)

To make things easy for schools, this engaging and transformative incursion is run at your school (in your school hall, or similar), uses a learning, action, reflection process and can usually be tailored to fit in with your regular bell times.

Inclusions & Investment

Incursion and follow-up material in the form of UPP’s THRIVE online lesson modules (Series 1)

- The UPPMGW survey
- The investment for STEP UP is \$15+GST/student (minimum \$1,800+GST, plus travel expenses from Brisbane- if applicable). It is best suited to Term 2 or Term 3, after students are settled in to the school year.



Go to: <http://www.unleashingpersonalpotential.com.au/stepup>
All enquiries to admin@unleashingpersonalpotential.com.au