



the journey

A special day event designed to assist girls
with the transition from Primary to High School

"Sail away from the safe harbour.
Catch the trade winds in your sails.
Explore. Dream. Discover."

Mark Twain



enlighten
education

education innovation exploration

background

"Students sometimes refuse to go to school because they feel so anxious. The transition to Year 7 (High School) is often made more difficult because it coincides with the onset of puberty."

Adolescence psychologist, Andrew Fuller, "The Worst 3 Weeks in the Life of a Year 7 Child."
The Sun Herald, April 15, 2007.

Students in the Middle Years are in a very unique phase of their life. The transition from primary school to high school is only one of the changes and challenges they face. How we work with them to support them in facing these challenges and to thrive in high school is critical for their confidence, their growth and their resilience.

Students in the Middle Years can fluctuate between the following characteristics:

1. Alternating between bursts of energy and long periods 'vegging out.'
2. Are risk takers and dare devils one minute and have hurt feelings and fears the next.
3. Want more independence but also crave love and understanding.
4. Focus intensely on their own individuality but are unduly concerned about what their peers think of them.
5. Want privileges and independence, but are reluctant to accept the responsibility that accompanies these.
6. Are aware of global injustices but may treat class mates very cruelly.
7. Want to be treated as grown up but cling to childhood mementoes.
8. Try to hide emotions under a brave face but can cry over a small thing. 1.

Students need to know that all of these behaviours are 'normal' and indicative of the changes in their social, physical and mental development.

The transition to high school for students can be exciting but also challenging as they learn to traverse a new (and usually much bigger) landscape with different expectations and possibly with less individual nurturing than they received in their primary years. All of a sudden they need to be more independent, experts with timetabling and study routines and confident enough to form new friends and somehow fit in to their new peer group. For many students this may be quite a traumatic experience. However, this need not be the case!

A sense of belonging is identified as one of the greatest needs of young people in the Middle Years and the importance of friends cannot be underestimated. Girls tend to form cliques more than boys and involvement in a wide range of activities both within and outside school is the ideal way to encourage a range of friendships in different settings.

As girls mature during the Middle Years, their self concept tends to go down. "Older girls are generally not as self confident as younger ones are. Physical appearance becomes overly important... gender stereotypes and conflicts regarding life's choices limit young women's visions of their futures." 2.

The Journey Program is designed to address some of the greatest anxieties of the students around **self, friendships, belonging and the potentially overwhelming change from primary to high school**. It allows the students to explore themselves, their very real concerns and to develop an understanding that they are not alone in feeling this way and that with support these issues can be addressed. At a time when friendships are the largest potential influence on home, school and social behaviours, ways of forming positive connections are fostered and developed in a fun way, with clear guidelines and practical assistance.

And so, the journey begins...



enlighten education - Our Organisation

enlighten education is an Australian program written specifically for Australian students. It has been developed by a team of teachers with vast experience in educating girls, student welfare and in engaging young people with their learning. Many of the team also have degrees specialising in psychology and counseling.

The programs were initiated in NSW and are featured in many of Sydney’s top schools. **enlighten** now works nationally.

Extensive evaluations collated from students, and follow up studies with client schools, clearly indicate the programs’ effectiveness.

enlighten’s approach

Factors that support building student resilience within the school context.	The enlighten approach to each factor.
Generate opportunities to recognise and value female students.	Our events are designed to look, feel and sound special – girls know that by being invited to take this time out for themselves, they are being recognized and valued by their school as a whole person and not just as an academic candidate.
Provide a safe environment where students feel known, accepted and cared for.	Our facilitators are trained to create a caring, positive group environment. By introducing strategies such as “support circles” and affirmations, opportunities for peer support and validation are also generated.
Provide opportunities for girls to interact with strong positive adult role models.	The enlighten team members are all highly experienced, successful women who are passionately committed to their work.
Appeal to the learning needs of adolescent girls.	Our content is designed and delivered to ensure it is emotionally relevant - emotion leads to action. All our workshops are interactive and allow for focused student discussion on key themes.
Provide opportunities for practical learning that connects students to what is being taught and its application to their everyday life.	Hands-on activities are provided in our workshops.
Promote optimistic habits of mind.	Girls are presented with the positive and presented with opportunities, not problems. The power of the language we use is explored and words are used to heal. Girls are also encouraged to be aware of their self talk and the ways in which they converse with others. Girls are introduced to a variety of self-regulation procedures such as positive visualisation, meditation and journal writing.
Encourage goal setting.	Girls are challenged to consider the kind of women they would like to be – and structured goal setting activities help them plan what steps they will need to take to achieve these goals.

Information on how enlighten’s programs link specifically to your curriculum can be provided by your State Program Director (their details are on the back page).

enlighten's workshops



the journey

Full Day Intensive program for Years 6-8

"The Journey" is a full day program covering everything from stress management to friendship do's and don'ts. Using a combination of hands on and interactive activities we involve the girls in a fun, informative introduction to secondary school. This program is designed to assist in the transition from Primary to High School and is ideal as part of an overall school transition program.



Workshops include:

GIRL WORLD

Friendship rights and responsibilities, making new friends, coping with conflicts...all of these present big problems for many girls in middle school. This workshop equips girls with the necessary skills and knowledge to avoid having friendship problems and to deal with any friendship issues resiliently.

WHAT TO PACK

Time management, prioritizing and creating positive learning spaces are all important skills for young women to master as they enter High School. This workshop will provide some practical strategies that will assist them in achieving their academic potential.

THE TRAVEL DIARY

Journal writing is an effective and emotionally healthy form of stress management. Keeping a journal can help the girls to learn more about themselves and their place in the world. In this workshop the girls will have the opportunity to unwind and work together to create their own artwork which will be used to embellish their journals.

STOP, REVIVE, SURVIVE

Stress, Pressure, Deadlines: just because they're young doesn't mean they don't suffer from the effects of a busy lifestyle. This workshop teaches basic stretching and relaxation activities, including meditation and positive visualisation, which are all designed to help young girls relax and maintain a positive outlook.

OUR HOLIDAY SNAPS

The **enlighten** team will record images and the hopes and dreams shared on the day, these will be collated in a short film that will serve as a visual record of their orientation. This package is wonderful for the girls to look back on once their high school journey is completed.



**enlighten
& girls on
The
Journey**

testimonials



From schools and other professionals:

"Our teenagers need to know how to be self reliant and resilient. The enlighten programs are fostering these skills and having a profoundly positive effect on young women. They are meeting a real need in schools by creating unique, transformative experiences for students. The programs are based on transformational psychology and highlight the value of uniqueness, relatedness and transcendence. Students are introduced to a variety of self-regulation procedures such as visualisation and short relaxation techniques, factors enhancing mental and emotional characteristics are described, and strategies for enhancing personal wellbeing are employed. Programs like this one, that focus not only on transformation of the individual but also provide an affirming collective experience, have the capacity to really change culture. There is good evidence that we need to be warmer, more nurturing but firmer with our teenagers. I like the fact that enlighten manages to connect in such creative ways with young women and make them feel safe, valued and loved."

Associate Professor David Bennett AO, Head, NSW Centre for the Advancement of Adolescent Health, The Children's Hospital at Westmead. Author (with Dr Leanne Rowe) of 'What To Do When Your Children Turn Into Teenagers.'

"I have sent a copy of your brochures to some other schools after waxing lyrical about you only this morning at a meeting..."
Marion Delprado, School Counselor, Ravenswood School for Girls.

"The **enlighten** programs are like a vitamin pill for the mind, body and spirit - countering any negative influences and promoting wellbeing and self-confidence. If every girl in Australia could do the program we'd effect generational change."
Nikki Goldstein, journalist and author of the "GirlForce" series of books for teenage girls.

"You both helped us to shape a unique program for our girls and we appreciated the extra steps you took to tailor the program to our needs...we (also) appreciated the opportunity to work with a team who understood the nature of schools. Your program was filled with positive energy and a sense of friendship towards the girls. I look forward to working with you again soon."
Sarah Loch, Dean of Middle School, Abbotsleigh.

"The programs the **enlighten** team run in schools offer a powerful alternative to the mixed messages about self that impressionable young women are currently being bombarded with. We live in a world where there is an unhealthy focus on perfection and where unrealistic images of beauty are presented as the norm; workshops like these inform and inspire and develop resilience. I especially like the introduction of practical tools like positive visualisation and the use of powerful affirmations. I would encourage schools to be proactive and make programs like these a priority."
Dr Michele Beale, MB BS (NSW), Stress Management Specialist.

"To see the girls so receptive and willing to listen and share their thoughts was so brilliant. The quiet girls bonded with the more confident girls. The girls who are less accepted by the 'more popular' girls shone out as they shared their feelings. Other girls saw this as very brave. You were a breath of fresh air. The girls loved that about you. Your honesty, your enthusiasm and your love for your job was refreshing and it made the girls more willing to listen and respond. The evaluation comments from the girls are really important and worthwhile to read. I read them and it made my heart flutter."
Fiona Isles, Wellbeing Officer, Portland Education Network Office

Question	Strongly Disagree	Disagree	Agree	Strongly Agree
The enlighten team were well informed about the issues faced by teenage girls.	0%	0%	8%	92%
The enlighten team were professional in their dealings with our school.	0%	0%	8%	92%
The enlighten event provided our students with valuable information.	0%	0%	8%	92%
Our students enjoyed the event.	0%	0%	8%	92%
We were pleased with the type of student feedback provided to the school by enlighten.	0%	0%	8%	92%
The event has had a positive lasting impact on students.	0%	0%	25%	75%
Parents responded favourably to this event.	0%	0%	42%	58%
Staff responded favourably to this event.	0%	0%	8%	92%
I would recommend an enlighten event to other schools.	0%	0%	0%	100%
We are interested in running an event with enlighten in the future.	0%	0%	0%	100%

Statistics based on feedback received from a random sample group of 12 schools enlighten has worked with in the last 12 months.

feedback from girls

	poor	good	very good	excellent	% who thought the workshop was either very good or excellent
The Journey workshops (this program provides an introduction to High School) – a separate Kit for this program is available on request					
Stop, Revive, Survive	0%	8%	40%	52%	92%
What to Pack	0%	19%	44%	37%	81%
The Travel Diary	0%	6%	25%	69%	94%
Girl World	0%	7%	51%	42%	93%

Source – statistics based on feedback provided by 1630 students enlighten have worked with between June 2004 and March 2007.

Abbotsleigh 2006

"I was shown how to relax and be prepared, also, that you can change any situation in to a fun one. You need to do the veggies (not so fun things) before you can have the dessert AND I loved being with you all!" **Monique**

"Words can heal, our words have power, friends are important, anything can happen...Great fun and nothing like I thought it was going to be as I thought it would be boring but it was all fun and helpful." **Alice**

"Decorating the Travel Diary was a highlight as I love being creative. Change is good, encourage each other and be yourself. I had a great time here-thanks." **Tiffany**

Portland 2007

"This was the best day I've had in ages. It was magnificent, different from usual, but still awesome." **Kristie**

"Girl World was GREAT, the way it was presented. I learnt people can like you for you and we are all different. This was FUN, FUN, FUN." **(Anon.)**

"I learnt today how to make friends, we are special, mistakes are OK and what secrets we should tell." **Amy**

"I thought today would be boring but I learnt to listen to others when they are speaking, not to always think negative and tell people your opinions. Thank you so much." **Maddison**

"I thought today would be good but not this good. I learnt not to gossip, to be nicer, respect my friends more, try harder and be happy with who I am. Today was the BEST!!!" **Zoe**

"My favourite part was What To Pack as it gave us soooo much information. I also learnt to look after myself, how to improve and value people." **Mikayla**

"I learnt how to be a better friend, how to handle secrets, how to deal with high school and to be POSITIVE!!! I LOVED IT!!!" **Karina**

Kambala 2007

"My favourite part was Girl World as I learned a lot and it was an enjoyable experience; I learned to be a better friend. I loved the day! Thank you Danni and Fran." **Roxy-Lola**

"I now know I am worth it! Positive thinking does make you feel better. It was a fun day with friends which made me feel great. I feel so much better now and I really needed the Stop, Revive, Survive workshop as I really unstressed and now I feel so much better." **(Anon.)**

"I enjoyed What To Pack because I think it is one of the most helpful things, especially for getting through high school." **Carina**

"When we wrote compliments to other people and then read ours, it made me feel special and great! I learned it is important to have a high self esteem, to remind myself I can do anything, and to be open with my friends." **(Anon.)**

Melbourne Girl's College 2007

"I loved the What To Pack workshop. It was inspiring! I want to do it again!" **Simone**

"I learnt to think positive because things can be better than they seem, to really think about things before doing them, to de-clutter my work space. I am strong." **(Anon.)**

"No matter what, I should believe in myself and I learnt people really do like me. I also learnt how to deal with friends who talk about you and how to look after my body." **Loren**

"My favourite part of today was the Travel Diary and meditation. I learnt about being calming, caring, understanding and listening. It was very cool today-THANKS." **Phoebe**

Ravenswood 2006/7

"I'm going to manage my time better, not stress out so much and appreciate me." **Anna**

"I'm not going to be scared of high school." **Chloe**

"I learnt how to deal with problems, how to study efficiently and I really loved sharing my opinion with my friends and letting them know how I feel." **Georgi**

Ascham 2007

"I learned that you can discuss problems and resolve fights, and I now know how to handle High School. Thanks!" **Ali**

"I learned controlled ways to deal with friendship problems, breathing exercises, positive sayings. This day is going to make High School a whole lot easier." **Ciana**

"It was so fun writing good things about people and the staff were excellent and encouraging. When we all hugged it was my favorite." **(Anon.)**

"All in all it was so relaxing and I liked putting my fears and worries in the box because I did forget all about them! Always believe, plan ahead, respect...I loved it!" **(Anon.)**



\$50 per student including all materials

Please note: a discount of 15% applies for bookings of over 200 girls in the one day.
Workshops are generally run with no more than 50 girls per group.

How does this compare with other programs designed to promote self esteem and resilience in young women?

Description of program	Cost
One hour private consultation with counsellor or therapist	From \$100 per session
Five day personal development course ¹	\$750
Eight hour (two half-days) self esteem workshop for teenagers ²	\$226
Participation in a Not-for-Profit organisation’s holiday workshop ³	\$80
enlighten’s one day “The Butterfly Effect” program	\$45
enlighten’s half day “Girl Essentials” program	\$30
enlighten’s one day “The Journey” program	\$50

End notes

¹ Coil, C. (2003) **Surviving the Middle Years**, Hawker Brownlow Education, Victoria page 5
² Ibid, page 70

Want to join the **enlighten team**?
enlighten is always looking for outstanding educators and psychologists to help them spread love, light and laughter.





meet the team

enlighten's founders & national directors

Our young women will not be able to realise their leadership or personal potential until they have addressed the all pervading concern they have with body image, and their poor self esteem. After noting that girls seemed to be in crises Dannielle and Francesca decided to move from thought to action; in 2002 they left their senior roles in education to establish enlighten.

They have now established a national network of incredibly passionate, talented women who believe that by entering our young girls' world and engaging them, they have the capacity to be a voice of difference and facilitate meaningful conversations around gender and identity.

Dannielle Miller - enlighten CEO

(B.Ed., Grad.Cert. Mgmt., Cert. IV Assessment and Workplace Training).

Dannielle is a well respected and experienced educator who is committed to empowering young people to reach their full potential.

The positions of responsibility she has held at a school level include English Coordinator and Students at Risk Coordinator. She has also worked as the Full Service Schools Coordinator for Western Sydney (assisting Government, Catholic and Independent schools in designing and delivering curriculum aimed at reengaging students at risk to their studies) and was the founder of the "Lighthouse Project" – a project that combines mentoring with the development of employability skills in young people.

Recent achievements include developing and managing an enterprise education initiative. She has been responsible for training key teaching staff in how to foster enterprise skills in students, has developed and facilitated parent training programs, and has written an enterprise learning course for Board of Studies accreditation for the NSW HSC. Her work in student welfare and enterprise education has been featured in many education journals and has made her a popular speaker at various national conferences and forums.

Her experiences within enlighten include working with thousands of teenage girls across Australia, and with the media as a guest expert on teen issues.



Francesca Kaoutal

(B.Ed.)

Francesca's teaching career has allowed her to combine creativity with technologies expertise. Francesca's most recent school position was as a Learning Technologies Coordinator. Apart from leading the curriculum development within the College, she has written and

devised curriculum for the new HSC Technology courses, devised a cross curricular teaching program to integrate social justice into the curriculum, and lead students to enhance their business IT skills by developing and creating IT based products and services for both the school and business community.

Francesca's need to create and empower students has been further utilized in her role as costume designer for Rock Eisteddfod. She has established a wonderful network of students, parents and teachers who have together attained multiple costume awards at both the open division and premier division levels over this time.

Francesca particularly enjoys sharing her passion and flair for creating and designing in the "Style File" and has assisted many young women "Get It Together" and

prioritise, organise and maximise their potential.

Meet the rest of the team at www.enlightenededucation.com

Read out blog: <http://enlightenededucation.edublogs.org>

Please enquire about **enlighten's** other programs specifically designed to address the needs of young girls:



the butterfly effect

Full Day Intensive
program for Years 7-12

The idea of 'The Butterfly Effect' comes from the science of chaos theory. It suggests that everything is connected, to the extent that the beating of a butterfly's wings in one part of the world may ultimately contribute to a tornado happening in another part of the world. We recognise that when it comes to the impact we as individuals have on our environment, small changes can make a huge difference. enlighten is about celebrating, challenging and changing ourselves and our world.



career gal

3 hour program for
Years 11-12

This workshop is specifically designed for students in the senior years and identifies the skills employers are seeking, provides an awareness of the importance of maintaining work life balance, and encourages the development of emotional intelligence competencies. Schools that have run this program tell us the content covered is highly relevant and the program enhances the schools' own careers and transition programs.

www.enlightenededucation.com
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