

2024



arrive
&thrive

workshops



SPECIAL OFFER

Book in a 2025 workshop by the end of Term 4 2024 and receive 2024 prices.



about us

At Arrive & Thrive, we believe that all young people have the capacity to create meaningful careers. Our workshops are designed to help them do just that.

We delivered our first workshop to Glen Waverley Secondary College in February 2019.

Since then we have worked with over 110 schools and are proud of the relationships we build with educators.

Our aim is to support young people in their career discovery along with the teachers, career counsellors and parents who also support these individuals.

Student engagement is our number one priority.

Our facilitators are passionate career professionals who love what they do. In our workshops, we share stories from our own career journeys to help students gain new perspectives. We include a range of activities to deepen their learning and re-enforce the messages they receive in the classroom.

Our workshops are also aligned with the core competencies of the Australian Blueprint of Career Development. See how our programs are mapped at the very back of the brochure.

[To learn more about Arrive & Thrive, head to our website.](#)

85,000

Number of students who have participated in our workshops

4.8/5

How participants rated our facilitators on average in 2024

92%

Percentage of schools we delivered workshops to in 2023 who re-booked us for 2024

*Statistics shared based on student surveys and reporting within Arrive & Thrive

our workshops

We offer a range of workshops to suit different stages of the career journey. All our workshops can be delivered in person or online.

After refining these for over half a decade, we've found that workshops land better at certain year levels. On the right of this page you will find an overview of our workshops and which year level we recommend them for. More details about each workshop can be found on the following pages.

If you see a workshop you like but want it delivered to a different year level, please let us know. We'd be happy to accommodate.

curious careers ●—○ year 7-9

applying for work ●—○ year 9

career design & values

morrisby & career design

○— year 10

personal branding & LinkedIn

goal setting & habits

○— year 11
year 12

career conversations & morrisby

career conversations & the future of work

○— parents

Time

All student workshops can be delivered in 60 or 90 minutes. We work to your school's timetable. All parent workshops are 45 minutes plus an optional Q&A.

What participants need

Students will need either a laptop or smart device to participate in our workshops, however we are happy to work within your school's technology policy. Parents will need a smart device.

curious careers

60 mins | year 7-9

key learnings

- what is a career
- identify potential skills & attributes
- ROAR Framework
- gratitude in our life & work

description

Participants will understand some of the skills and attributes they have under the surface and why being curious is vital to developing a meaningful career. Participants will learn the ROAR framework and how this can support them in their high school journey.

As more schools seek to engage students in career conversations earlier, this has become our fastest growing workshop.

“Super engaging for the year 7 cohort with ROAR being a big take away.”

-teacher participant

applying for work

60 or 90 mins | year 9

key learnings

- skill identification
- PITCH creation
- resume design and content
- basic personal brand

description

Participants will understand the many ways to apply for casual employment, the importance of a basic personal brand and resume that captures skills from their experiences. The workshop can explore specific resumes templates and also equips students to be able to talk and write about their skills.

Note: students will need a laptop for this workshop.

“I think it was really helpful by providing us with resources to use to find job opportunities and apply for jobs.”

-student participant

career design & values

60 or 90 mins | year 10

key learnings

- career design principles
- understanding our values
- decision making
- the future of work

description

We explore how a young person can design a career that has purpose and meaning. We help students understand the importance of values in this process and how to thrive regardless of what the future of work holds.

"Really interesting, really engaging and valuable information!! I think it's important for everyone to hear!"
-student participant

morrisby & career design

60 or 90 mins | year 10

key learnings

- morrisby navigation
- understanding your profile
- career exploration
- career design principles

description

Students will learn how to use, understand and engage with their Morrisby profile over the oncoming years. We will also discuss how they can use career design principles to explore options and make aligned career decisions.

This pairs well with our Morrisby workshop for parents.

"Students (and staff!) were engaged and found it informative and helpful. Great way to have students revisit their results and make the most of the program."
-teacher participant

personal branding & LinkedIn

60 or 90 mins | year 11 & 12

key learnings

- development of a personal pitch
- networking fundamentals
- digital footprints
- LinkedIn basics

description

We take participants on a deep dive into the world of personal branding. Students will learn about how to craft a personal brand that stands out for the right reasons both online and face to face.

*“Very good and engaging, helpful knowledge about important next step in life factors.”
-student participant*

goal setting & habits

60 or 90 mins | year 11 & 12

key learnings

- habits formation
- stacking habits
- GROW model
- distraction and personal device management

description

Students learn the GROW goal-setting formula that can support their education and career journey. We specifically look at their screen time and how they may use this to procrastinate, all while sharing habits to help them move past these distractions and thrive.

*“It's informative, interesting, and helpful for those who want to do well, whether academic or personal. I was shocked by my screen time!!”
-student participant*

career conversations & morrisby

45 mins | parents

key learnings

- Morrisby navigation
- understanding your young persons profile
- career conversations at home
- GROW framework

description

Parents will gain insight into the Morrisby profile and how they can utilise the resource for career exploration with their young person. Parents will understand how best to support their young person in education and career decision making.

“The presentation had a great mix of presenting, conversation between parents and students and the use of technology to seek feedback - it was a great way to break up the presentation and consolidate the knowledge.”
-teacher participant

Parents play a vital support role in a young person’s transition into the workforce. Our parent workshops aim to give parents the tools and confidence to engage in meaningful career conversations around the dinner table with their child.

career conversations & the future of work

45 mins | parents

key learnings

- career conversations
- the chaos theory of careers
- future work trends
- helping a young person develop a purpose

description

Parents will understand how they can support their young person into the future and how the world of work is changing. They will also learn importance of being an advocate in a young person's decision-making process.

“Families were given some great tools & information to equip them to have meaningful conversations & support their child through subject selection and beyond!”
-teacher participant

mapping

our workshops

We have taken the time to understand the **Australian Blueprint for Career Development** and map our workshops accordingly. We have identified the **career management competencies** which our workshops support.

Australian Blueprint Competency

Learning Area A: Personal management

build and maintain a positive self-concept

change and grow throughout life

manage wellbeing, mental and physical health

Learning Area B: Learning and work exploration

participate in lifelong learning supportive of career goals

understand the changing nature of life and work roles

Learning Area C: Career building

make career-enhancing decisions

understand, engage in and manage the career building process

arrive&thrive workshop

curious careers

career design & values

goal setting & habits

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workshop pricing

Workshop up to 90 mins

\$729 + GST

Custom half-day workshop over 90 mins, up to 3 hours

\$929 + GST

We can design a half-day program using resources from any of our workshops to meet the needs of your community.

Please note that workshops delivered outside of 50 km of our office in Mornington, Victoria, incur a 10% travel fee. Interstate travel will also incur a fee.

All workshops include a pre-phone meeting, copy of the PDF slide deck and access to any supporting material used.

For us to deliver our workshops with maximum benefit for students, we ask that cohorts larger than 150 students be split into 2 or more groups. If this can not be arranged, please reach out as we have some options up our sleeve 😊.

For further questions about pricing, please contact us via email hello@arrivethrive.com.au

next steps

To book in your workshop or to discuss if Arrive & Thrive is the right fit for your school, please email hello@arrivethrive.com.au

In the meantime, you can:

- Check out our [website](#) for more information
- Tune into the [Arrive & Thrive Career Podcast](#)
- Sign up to the [Arrive & Thrive Tribe Newsletter](#)

