

2026



arrive
& thrive

workshops
& online modules



ENGAGE A PARTNERSHIP

Discover our partnership packages designed to *support your whole school community.*



about us

At Arrive & Thrive, we believe that all young people have the capacity to create meaningful careers. Our workshops and modules 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 delivered over 600 workshops and are proud of the relationships we have built with schools and 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 team 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.

135,000

Number of students who have participated in our workshops

4.8/5

How participants rated our facilitator on average in 2025

75%

Percentage of students who increased their **career confidence** post workshop in 2025

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

digital resources

If a face to face workshop is not an option, we have you covered. We offer two digital resources. All of our digital resources can be delivered individually or as a class.

We have taken the hard work out for teachers with all of our digital resources, only requiring the teacher to press play or share a the PDF.

On the right of this page you will find an overview of our resources and which year level we recommend them for.

View our live digital resources on arrivethrive.com.au/resources/

Understanding Morrisby ● year 9/10

The Elevator Pitch ● year 9/10

Time

All online modules range from 20 to 45 minutes.

Delivery Options

Students can complete this individually or modules can be completed as a class.

Participant Needs

Students will need either a laptop or a smart device to participate in our online learning modules. Classes can also participate as a group if the classroom has a projector, speakers and reliable internet.

the elevator pitch

20 mins | year 9 & 10

Free

key learnings

- **PITCH framework**
- **PITCH creation**

description

This module explores the components of an effective PITCH and supports students in talking about their skills and future aspirations.

access

Students simply download The Elevator Pitch pdf from arrivethrive.com.au/resources

understanding morrisby

35 mins | year 9 & 10

\$220 incl GST

key learnings

- **functions of the profile**
- **understanding the profile**
- **morrisby for career exploration**

description

This module is perfect for schools that are unable to do individual or group unpacks face to face. Students learn about the different areas of their Morrisby profile and how to understand their own results.

access

Schools receive the interactive PDF to use with clear instructions for students and teachers. A sample can be found at arrivethrive.com.au/resources

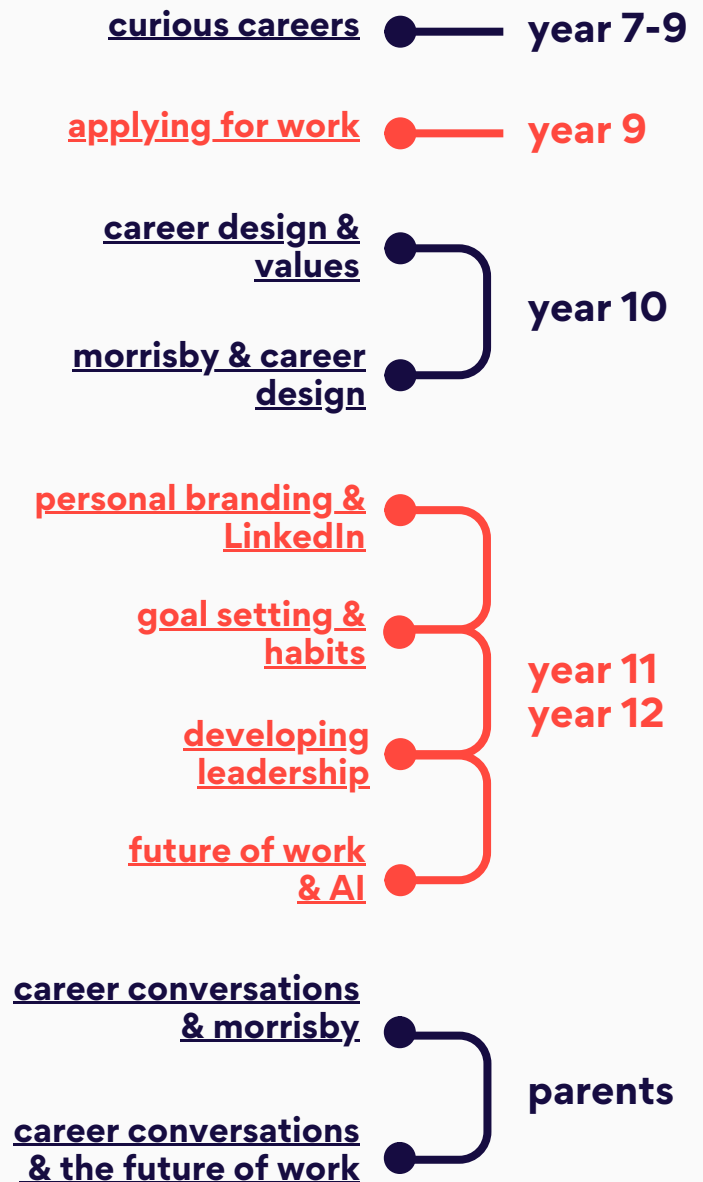
our workshops

We offer a range of workshops to suit different stages of the career journey.

All workshops come with follow up lesson plans.

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.



Time

We work to your school's timetable. We believe 60 minutes is ideal for engagement. All parent workshops are 45 minutes plus Q&A.

What participants need

Students will need either a laptop, smart device, or pen and paper to participate in our workshops. Please note 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 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 resume 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 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 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 forthcoming 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 brand & LinkedIn

60 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 mins | year 11 & 12

key learnings

- habits formation
- managing distractions
- GROW model
- 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*

future of work & AI

NEW!

60 mins | year 11 & 12

key learnings

- understanding the power of AI
- using AI to develop our careers
- future of work concepts
- human-centric skills

description

From ChatGPT to self-driving cars, Artificial Intelligence is already shaping the world of work. In this session, students explore how AI is changing industries, education, and everyday problem-solving. We'll unpack real-world use cases, career pathways, and the skills that remain uniquely human. The workshop empowers students to build curiosity, adaptability, and confidence as they prepare for a future where change is the only constant.

“AI is changing the game, the future looks uncertain, but I know I’ll be ready.”
-student participant

developing leadership

NEW!

60 mins | year 11 & 12

key learnings

- defining leadership
- defining self-leadership
- perspective, narrative, outcome (p.n.o)
- resilience

description

Students begin by reflecting on what leadership means to them and evaluating their own leadership and resilience. From there, students learn about Joel Sardi’s journey and the importance of being able to generate perspectives, narratives and outcomes that serve someone, no matter their experience.

*This workshop is dual facilitated by Tyson Day & Joel Sardi.
VIC schools only.

\$2300 (inclusive of GST)

“Learning about Joel’s experiences, his perseverance and perspective on life is incredible!”
-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 the 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

**career design & values
personal brand & LinkedIn**

**career design & values
personal brand & LinkedIn
future of work & AI**

**career design & values
morrisby
career conversations**

**applying for work
personal brand & LinkedIn
future of work & AI**

workshop pricing

Workshop (60 mins)

\$1200 (incl GST)

Half-Day Program (over 60 mins, up to 3 hours)

\$1700 (incl GST)

Full-Day Program (over 3 hours)

\$2000 (incl GST)

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

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.

Workshops held **outside of Victoria incur additional travel costs**. Fees cover transportation, accommodation, and related expenses. A detailed quote will be provided upon inquiry.

Evening Webinar (45 mins)

\$799 (incl GST)

Simply send our team the meeting link and make our facilitator a Co-Host and we will take care of the rest.

For further questions about pricing, to book or anything else, please email hello@arrivethrive.com.au

**After multiple workshops?
Check out our partnership
options!**

partnership options

We want to build relationships with schools and communities, as it takes a community to develop a meaningful career for a young person. Below are our partnership options to maximise the impact of careers education in your community. The best part, you can pick and choose the workshops that best suit your needs.

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.

What you get

face to face workshop

parent webinar

post workshop lesson plans

parent conversation menu

parent conversation kit

elevator pitch module

morrisby module

planning meeting

additional workshop discount

Explore

2 workshops

1 parent webinar

✓

✓

✗

✓

✗

✓

✗

Grow

4 workshops

1 parent webinar

✓

✓

✗

✓

✓

✓

✗

Thrive

6 workshops

1 parent webinar

✓

✓

✓

✓

✓

✓

✓

just want one?

\$799 incl GST

45 minute webinar.

\$1200 incl GST

60 minute workshop.

\$1700 incl GST

half day workshop

\$2000 incl GST

full day workshop

\$2800 incl GST

(Save \$399)

Please note that workshops need to be 60 minutes in this tier or 120min total if splitting a cohort. If splitting a cohort, please note there is an additional \$300 fee, but it is counted as one workshop, not two. All webinars are 45mins with recording.

\$5200 incl GST

(Save \$719)

Please note that workshops need to be 60 minutes in this tier or 120min total if splitting a cohort. If splitting a cohort, please note there is an additional \$300 fee, but it is counted as one workshop, not two. All webinars are 45mins with recording. Payments can be made per term if needed.

\$7400 incl GST

(Save \$919)

Please note that workshops need to be 60 minutes in this tier or 120min total if splitting a cohort. If splitting a cohort, please note there is an additional \$300 fee, but it is counted as one workshop, not two. Any more additional workshops over six are \$899 per workshop. All webinars are 45mins with recording. Payments can be made quarterly if needed.

Workshops held outside of Victoria incur additional travel costs. Fees cover transportation, accommodation, and related expenses. A detailed quote will be provided upon inquiry.

next steps

To book in your partnership 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
- Sign up to the [Arrive & Thrive Tribe Newsletter](#)