

Employment & Life Design Workshops



2024 Programs

Workshops to help young people thrive!

our vision

To increase employment rates and work engagement in young people through the education of career management and self-development skills.

our aim

In our school and tertiary programs, we aim to support young people in their career discovery and exploration along with the teachers, career counsellors and parents who also support these individuals.

Through our programs and modules, we aim to:

- provide convenient career education resources for education institutes to support the precious time of educators and career departments.
- provide engaging and entertaining experiences for young people to learn and develop skills to thrive in their careers.
- encourage career conversations at home that inspire exploration and curiosity.



2023 Workshop Ratings

Students rated our workshops on average



backed by the 'Australian Blueprint of Career Development'

Our programs are aligned with the core competencies of the 'Australian Blueprint of Career Development, covering areas of the blueprint such as **Personal Management**, **Learning and Work Exploration** and **Career Building**.

Through the alignment of our programs, we aim to continue delivering the underlying messages within which the school's career department is delivering. Some of our programs are more aligned to certain categories than others; these are defined on each program page.

mapping our programs to curriculum

With the changing VCE stream and the inclusion of the Vocational Major (VM) and the Victorian Pathways Certificate (VPC) as senior school options for young people, the focus on work-related skills and personal development has never been more paramount.

The objectives of these pathways ensure that students are equipped with the skills, knowledge, values and capabilities to be active and informed citizens, lifelong learners, and confident and creative individuals.

We believe our programs foster these areas and assist in the understanding and articulation of these critical areas for those transitioning out of high school. Here are a few examples of how our programs can support these units:



vocational major

Work-Related Skills - Unit 1: Careers and learning for the future can be supported by a 'Future of Work Workshop' and our 'Goal Setting Workshop'.

Personal Development Skills - Unit 1: Healthy Individuals & Unit 3: Leadership & Teamwork can be supported by our 'Habits Workshop' & 'Self Leadership Workshop'.

We aim to make the learning and education process easier for educators by linking our workshops to appropriate modules within the curriculum, allowing students to gain new perspectives and connections whilst educators can focus on other areas of learning design.

For more information and/or custom-made workshops reach out to hello@arrivethrive.com.au

pathways certificate

Work-Related Skills - Unit 1 Module 1: Interests, Skills & Capabilities in the workplace could be supported by our 'Skills Explorer & Pitch Workshop'.

Personal Development Skills - Unit 1: Understanding Self & Developing Self can be supported through our 'Self Leadership Workshop'.

career management workshops

why is it important?

The Career Industry Council of Australia (CICA) identifies career development & management as critical when transitioning into participation in the workforce, particularly for young people in secondary school settings. We are here to help schools, tertiary communities and career counsellors do just that!



curious careers

key learnings

- what is a career
- staying curious
- identify our strengths & interests
- ROAR Framework
- growth mindset

time

60 min

national careers blue print category

- competency 1: Build and maintain a positive self-concept.
- competency 3: Change and grow throughout life.

workshop content

Participants will learn and understand the importance of curiosity in developing a career. Participants will learn the ROAR framework and how this can support them in their highschool journey.

ideal cohorts

Yr 7

Yr 8

participants will need

- smart device
- note pad & pen



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

- teacher participant

interviews & skill identification

key learnings

- general questions
- behavioural questions
- group interview questions
- course application questions
- applying for internships
- identifying skills & identity capital

time

60 min

90 min

Half-day (mock interviews)

resources

- interview questions & feedback sheet

optional extras

- access to the online learning module 'school pitch' for Yr 9 and 10 cohorts.
- mock interviews with members of the school community.

workshop content

Participants will understand the breakdown of interviews, what questions they can expect and how to answer these questions when you may not have a lot of experience. Students will also learn about how to identify their skills & attributes when they have had little paid experience.

ideal cohorts

Yr 9

Yr 10

Yr 11

Yr 12

Tertiary

participants will need

- smart device
- note pad & pen

national careers blue print category

- competency 7: Understand the relationship between work, society and the economy
- competency 9: Secure/create and maintain work

"It was really helpful, the visuals and acronyms were comprehensive and made the entire process really simple and enjoyable! I feel confident going for my first interview"

- student participant



resumes & applying for work

key learnings

- resume purpose
- creating content
- resume design
- CAR model
- application process
- skill identification

time

60 min

90 min

resources

- resume template PDF
- cover letter PDF
- cold email PDF

optional extras

- access to our online resume building module

workshop content

Participants will understand the appropriate format of a resume. This workshop explores a specific template designed to meet the experience level and needs of the cohort.

ideal cohorts

Yr 9

Yr 10

Yr 11

Yr 12

Tertiary

participants will need

- laptop

national careers blue print category

- competency 5: Participate in lifelong learning supportive of career goals
- competency 6: Locate and use career information effectively
- competency 9: Secure/create and maintain work

"Super engaging! Love it, good advice!
Thank you for coming to our school"

- student participant



linkedin & personal branding

key learnings

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

time

60 min

90 min

Half Day (includes set up of a profile)

optional extras

- access to our 'Creating a LinkedIn Profile' (PDF)
- LinkedIn lesson plan for follow up class

workshop content

We take participants on a deep dive into the world of personal branding and encourage an understanding of the importance of this both online and face to face.

ideal cohorts

Yr 11

Yr 12

Tertiary

participants will need

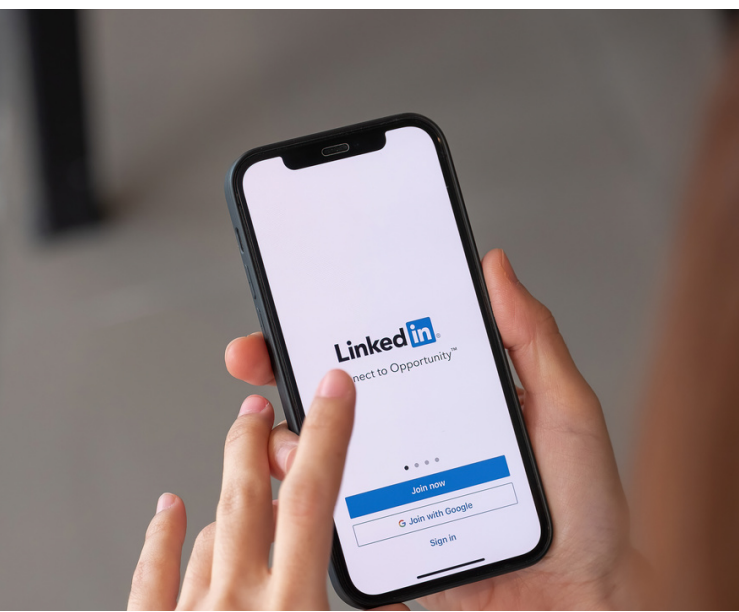
- laptop or smart device

national careers blue print category

- competency 5: Participate in lifelong learning supportive of career goals
- competency 6: Locate and use career information effectively
- competency 10: Make career-enriching decisions
- competency 12: Understand, engage in and manage the career-building process

"It was helpful and I think I am going to create my own LinkedIn page when I get into a university."

- student participant



navigating the future of work

key learnings

- understanding what employers want moving forward
- understanding the chaos career theory
- being comfortable not knowing what the future holds
- explore how quickly technology changes and evolves

time

60 min

90 min

national careers blue print category

- competency 7: Understand the relationship between work, society and the economy
- competency 8: Understand the changing nature of life and work roles

workshop content

In this workshop, we take students on a reflective journey to understand the unpredictable nature of the workplace in the future and what some of the key areas and industries that young people can thrive in. This workshop supports students in understanding that it's okay not to have all the answers, but if we stick to our strengths and are curious, we can find a way to thrive in our work.

ideal cohorts

Yr 10

Yr 11

Yr 12

Tertiary

participants will need

- laptop or smart device

"It was comforting to know I don't need to know all the answers but more where my interests & skills lie."

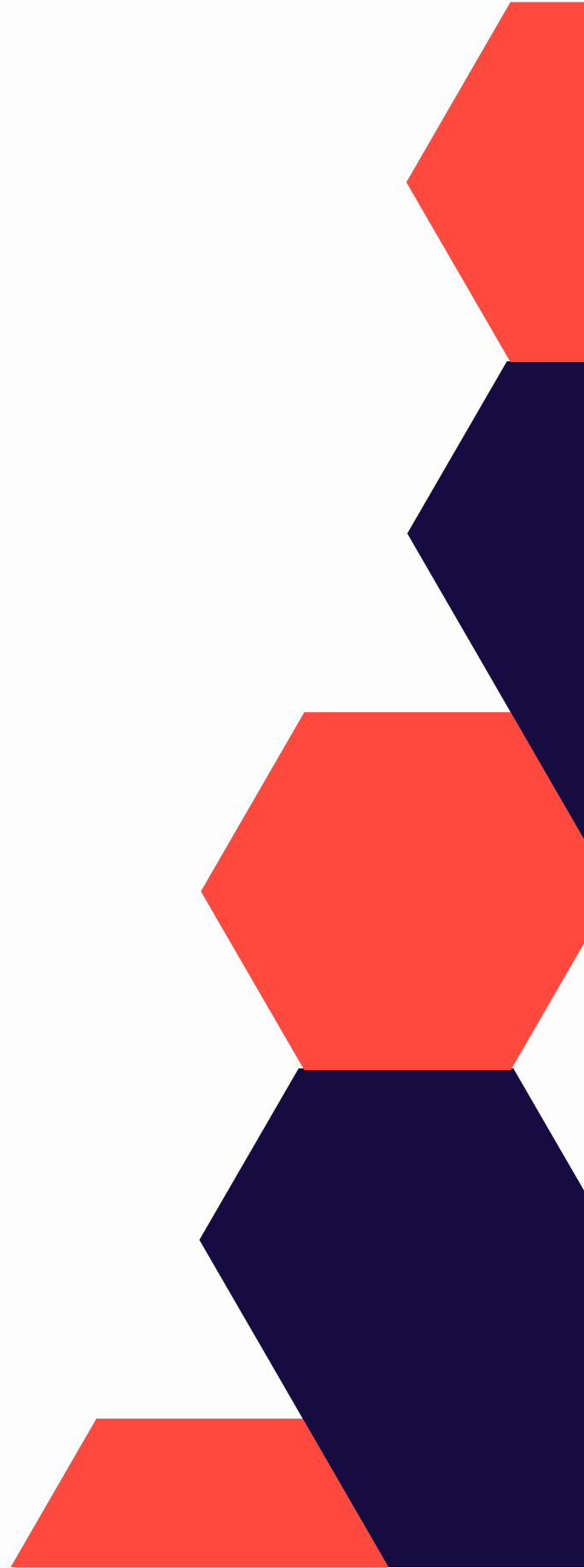
- student participant



life design & purpose workshops

why is it important?

To make effective decisions for our careers & lives, we need to understand how our values, habits and self-leadership influence who we are and who we want to become. We believe this is the second component of effective career education for young people. We are here to help career counsellors & education communities educate on these essential knowledge areas.



goal setting & habits

key learnings

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

time

60 min

90 min

national careers blue print category

- competency 1: Build and maintain a positive self-concept
- competency 3: Change and grow throughout life
- competency 4: Manage wellbeing, mental and physical health
- competency 8: Understand the changing nature of life and work roles

workshop content

Students will learn goal-setting formulas that will support their education and career journey while developing small habits that support them in pursuit of these goals.

ideal cohorts

Yr 10

Yr 11

Yr 12

Tertiary

participants will need

- smart device

"Good workshop, good tips for habits such as screen time and studying"
- student participant



career design & values

key learnings

- career design principles
- understanding our values
- decision making
- building a purpose
- gratitude
- ikigai concept

time

60 min

90 min

national careers blue print category

- competency 1: Build and maintain a positive self-concept
- competency 3: Change and grow throughout life
- competency 8: Understand the changing nature of life and work roles
- competency 10: Make career-enhancing decisions

workshop content

Understand the formula when designing a career that has purpose and meaning for you while also understanding the importance of values in this process.

ideal cohorts

Yr 10

Yr 11

Yr 12

Tertiary

participants will need

- smart device



"Brilliant presentation from Tyson. Very insightful and hugely engaging, cheers so much!"

- student participant

developing purpose & self leadership

key learnings

- leadership fundamentals
- empathy
- ikigai concept
- gratitude
- communication basics
- leadership styles

time

60 min

90 min

Half Day

optional extras

- this program can be delivered as a student ambassador program across multiple year levels

participants will need

- smart device

workshop content

Students will discover what traits and abilities they already have as self leaders and how they can develop their leadership capacity in and out of the learning environment.

ideal cohorts

Yr 10

Yr 11

Yr 12

Student Ambassadors

Tertiary

national careers blue print category

- competency 1: Build and maintain a positive self-concept
- competency 2: Interact positively and effectively with others
- competency 8: Understand the changing nature of life and work roles



"This helped me find my leadership voice & style. It was great to know that I can still be me and an effective leader."

- student participant

morrisby & parent presentations

why is it important?

Morrisby is a fantastic resource for students and families to understand a student's strengths, interests, personality and potential careers that may come of these. Often Morrisby is not used to its full capability, so we are here to support your school community by ensuring everyone maximises this exceptional resource.



morrisby online learning module

module access

arrivethriveonline.thinkific.com

time

30 - 45 min

cost

\$4.00 per student user

ideal cohort

Yr 9

Yr 10

use cases

- preparing students for ACCE interviews
- preparing students for in house profile unpacks

module content

This module is designed to support students in developing an understanding of their morrisby profile. It unpacks each section of the profile and why it is important whilst also providing extra activities for participants to complete to maximise their profiles.

delivery

Students can complete the module individually or as a class.

try for free

Email hello@arrivethrive.com.au to organise a **FREE** trial of the morrisby module.



"Very helpful!
Learnt different things I can do
on my profile to enhance my
knowledge on myself."

- student participant

understanding morrisby (parents & students)

key learnings

- Morrisby navigation
- career exploration
- career design
- career conversations

time

60 min

90 min

optional extras

- this workshop can be delivered as a double workshop with the 'future of work & career conversations at home'. These can be delivered online or face-to-face

participants will need

- smart device
- laptop
- note pad & pen

workshop content

Students and parents will learn how to use, understand and engage with the Morrisby profile. They will also learn how to connect with Morrisby over the oncoming years. Parents will understand how best to support their young person in education and career decision making.

ideal cohorts

Yr 9

Yr 10

Parents

national careers blue print category

- competency 1: Build and maintain a positive self-concept
- competency 6: Locate and use career information correctly
- competency 10: Make career-enhancing decisions

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

- teacher participant



future of work & career conversations at home

key learnings

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

time

45 mins

optional extras

- access to our podcast and supporting material
- career conversation dinner menu resource

participants will need

- smart device

workshop content

In this presentation, parents will understand how they can support their young person into the future and learn about what the recent research says about the future of work. This presentation also takes a deep dive into how to have career conversations around the dinner table and the importance of being an advocate in a young person's decision-making process.

ideal cohorts

Parents



"Tyson gave students so many things to consider and families some great tools and information to equip them to have meaningful conversations to support them through the subject selection and beyond!"

- teacher participant

digital career services

modules & podcasts

free online learning modules

module access

arrivethriveonline.thinkific.com

available modules

- school pitch (free)
- developing a resume (free)

time

15-30 mins

ideal cohort

Yr 9

Yr 10

module content

These modules are designed to support students with developing a personal pitch and creating a resume. Students gain access to templates and digital resources during the module.

delivery

Students can complete the module individually or as a class.

"I have learnt how to effectively write up a pitch, which will help me in real-life situations such as applying for a job. It was very clear and easy to understand. I once thought that making a pitch was difficult, however, this learning module has proved me otherwise. With this, I can confidently make my own pitch."

- student participant



alumni podcasts

project turnaround

3-6 weeks

content ideas

- design
- engineering & STEM
- business & entrepreneurship
- arts & humanities
- trades
- creative & performing arts
- career stories

cost

\$350 +GST per episode

process

- pre-meet with alumni member
- record the interview
- edit & review
- upload

concept

We develop podcast episodes in partnership with your school alumni network by interviewing alumni who have interesting and meaningful career stories, different career scopes and experiences.

These recorded episodes can act like personalised career resources for the school.

previous projects

MacRob - Career Perspectives with Palladians

"The whole school community has enjoyed listening and loved connecting back with alumni stories and experiences"

- teacher participant



pricing

2023



workshop pricing

Our aim is to make our workshops affordable for educational institutes, all while supporting our mission and the members of our community through our give-back initiatives.

60-90 minute workshop

729.95 + GST

- includes pre & post phone meetings
- PDF slide deck
- supporting material

60 min digital workshop

599.95 + GST

- includes pre & post phone meetings
- PDF slide deck & supporting material
- zoom, teams, google meet, webex

half day workshop

929.95 + GST

(longer than 90 minutes)

- includes pre & post phone meetings
- PDF slide deck
- supporting material

full day workshop

1399.95 + GST

(longer than 3 periods)

- includes pre & post phone meetings
- PDF slide deck
- supporting material

If you have further questions about pricing please contact hello@arrivethrive.com.au
Please note for programs in Victoria, travel outside of 50kms from Mornington incurs a 10% travel fee.

All interstate travel incurs a transportation and travel allowance fee, depending on the program and location.

haven't found what you are after?

We can custom build workshops and modules for our community members..
Simply email hello@arrivethrive.com.au to discuss further.