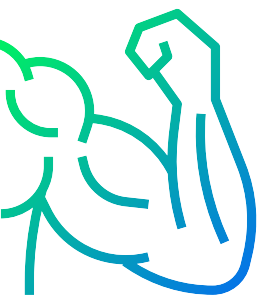


STRENGTH



SHINE



Strength & Shine focuses on addressing the strengths and skills young people possess rather than their weaknesses or deficits. All people have strengths but many are unrecognised and unused by the individual. The strengths-based approach inspires adolescents to grow and change by using their strengths as a personal resource. As people become engaged through experiential and interactive activities, participants can begin to discover their inner strength, skills, personal identity, and qualities.



The program encourages young people to become the expert within their own life. They are the ones who can tap into their own potential and discover their personal identity and worth. Ultimately the process of discovering and understanding 'the self' always comes from within the adolescents' own perspective.



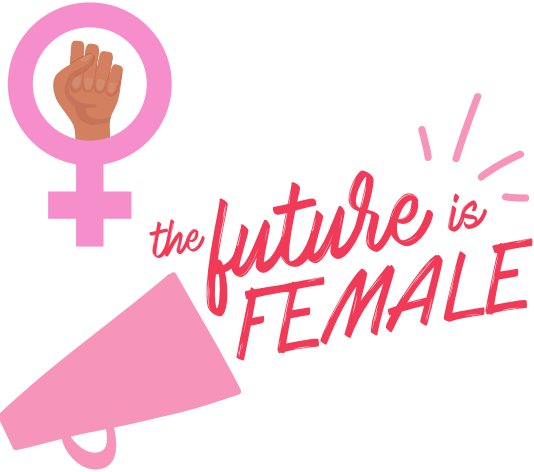
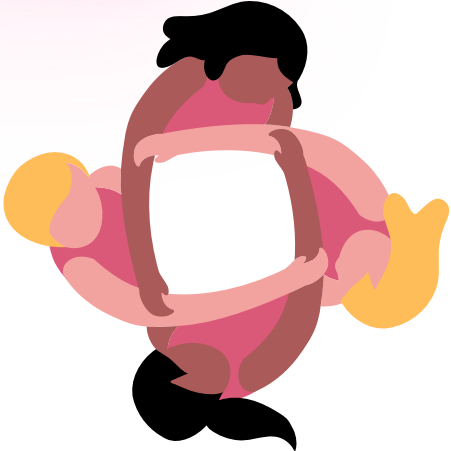
COGNITIVE BEHAVIOURAL THERAPY (CBT)

Cognitive Behavioural Therapy (CBT) is used in Strength & Shine to address some commonly held mindsets or views of areas such as bullying, respect, relationships and consequences of decision making, and aims to solve problems concerning dysfunctional emotions and behaviours through group discussion, guest speakers and personal reflection activities.



SHINE

SHINEgirl is an adaptable course used in various local settings to reach adolescent girls ages 12-17 years old. The course can be run in secondary schools, youth groups, youth centres, residential centres, semi-independent living and so forth.



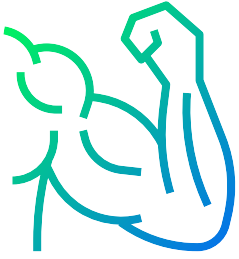
SHINE is a unique personal development and group-mentoring tool that uses an inspirational, practical, and experiential approach to learning. This program is founded upon the idea that every life counts and has real value and promotes an awareness of this belief.

As a result, girls and women are equipped to become effective global citizens for the future. The aim is for each student to develop an understanding of her own personal worth, strength, and purpose to realise the potential within herself to fulfil her desires.



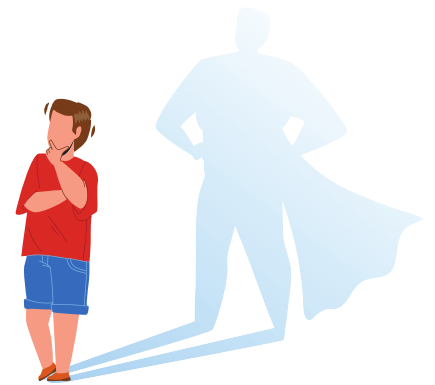
 Empowered Women Empower Women

STRENGTH



The STRENGTH program is about equipping adolescent men with the knowledge and skills to discover who they are and the person they want to become. It also encourages men to find the strength and courage within them to make healthy choices and live to their full potential.

STRENGTH aims to address issues adolescent men may face and provide skills to navigate and overcome challenges by helping them understand their own significance, resilience, and courage.



The program is not aimed at stereotyping what adolescent men should be like or how they should behave, but reinforcing that every person has different strengths, qualities, and skills. The program objectives are achieved through 3 foundational concepts: Significance. Resilience. Courage.

AS A WHOLE...

Both programmes equip the adolescents to:

- Identify themselves as valuable
- Build confidence, self-esteem, and self-worth
- Develop respect and boundaries in relationships
- Understand that they are able to have a positive influence in this world
- Identify personal desires and strengths to motivate them to act and achieve personal goals