

FLOURISH *girl*

SCHOOL IMPACT REPORT NHILL COLLEGE PROGRAM - YEAR 7-11 STUDENTS

ABOUT FLOURISH GIRL

Flourish Girl is a not-for-profit organisation that provides preventative mental health programs for teenage girls, parents & teachers. We focus on delivering powerful and engaging face to face and online in-school programs & mother-daughter programs to empower teenage girls and their mothers to become unstoppable women.

Our team of young, diverse and highly-trained female facilitators create safe spaces for girls and mothers, so they can equip themselves with the social and emotional tools they need to navigate through personal and relationship challenges.

SUMMARY

Intentions:

- To equip girls with the social and emotional tools to navigate through any life challenges
- To increase their self-confidence & connection to self
- To build a deeper sense of empathy, respect and support within their year level

Overview of the day

- The girls started the session feeling a bit nervous, however they all warmed up to our teams and really enjoyed playing ice-breakers and hearing stories from our team of facilitations. The girls loved that this was a break from the typical school routine.
- We gave girls the opportunity to learn how to check in with themselves and listen to others check in. Giving girls a guide called 'The Flourish Girl Check In' helped to structure their thoughts & emotions and also allowed others to practice deep listening.
- The girls got the opportunity to share their reflections on their relationship with themselves. A lot of girls shared courageously around the 'inner critical voices' they experience at times. They started to relate to one another more as they realised everyone was going through something similar
- The girls felt uplifted and empowered when they got the opportunity to create a vision of who they want to be and got to honour one another for their gifts, strengths and talents. It was powerful for girls to receive encouragement from their peers/ even girls they didn't know that well.
- The girls found new innovative ways to connect with themselves and their peers during this time.

RESULTS

90% of girls would recommend our programs to other girls across
Australia

100% of girls felt more connected to their peers after our
program

Common themes:

The girls experienced the following common themes throughout the day:

- Less judgement towards other peers in their year as they realised everyone is feeling the same way during this time
- More connection & compassion with themselves and other girls in their year
- More confidence in themselves to speak up about their current challenges

TESTIMONIALS FROM THE GIRLS

The following are some powerful testimonies we received from the girls about the day:

- "Being able to express myself without feeling like I'm being judged by people."
- "That no one was judged on what they said, everyone was supportive."
- "To know I am worth it and important."
- "Try to connect with others more and reach out to those I care about more."
- "Moving forward I will concentrate on myself and new ways to calm myself down."
- "To talk. I am loved and no-one is perfect."
- "Be confident about yourself and accept yourself for who you are."
- "Not be as emotionally withdrawn from myself.... for once, I enjoyed this kind of workshop."
- "Just focus on myself , not let anyone tell me who I have to be."

THANK YOU FOR TRUSTING US WITH YOUR GIRLS!

Thank you for investing into the lives of your girls, this impact report wouldn't have been possible without you putting this together.

If you have any questions about this impact report, please feel free to contact our CEO & Founder, Mandy Dante on 0404795585 or email her at mandy@flourishgirl.org

Lots of love,

The Flourish Girl Team