



# FEARLESS

# together

**Fearless Together is a group-based well-being psychosocial education empowerment program for girls and young women.**

Using a gendered approach, Fearless Together provides girls and young women with knowledge and skills to address challenges they face in everyday life. Girls are invited to participate in conversations on issues that concern them and encouraged to identify and explore individual strategies for building their self-awareness, self-esteem and confidence.

Discussions are facilitated by a Fearless Women Counsellor and Education Officer. Fearless together is delivered in two formats:

- Fearless in Four – Wednesdays or Thursdays, after school sessions for four consecutive weeks, and
- Thriving in Three – three consecutive afternoons, during school holidays.

## KEY CONCEPTS

Girls will discuss feelings and emotions, character strengths and core values plus friendship, boundaries, communication and building resilience to address their own challenges.

## LEARNING INTENTIONS

- *Emotional Awareness:* Girls will learn to recognise and understand their emotions.
- *Coping Strategies:* Girls will be provided with tools and techniques to manage stress and anxiety.
- *Interpersonal Skills:* Girls will learn communication, empathy and relationship-building skills.
- *Self-Esteem & Confidence:* Activities and discussions will promote a positive self-image.
- *Decision-Making:* Critical thinking and problem-solving skills will be encouraged.

## SUCCESS CRITERIA

Girls will be able to:

- Articulate their thoughts, feelings and the causes of anxiety and self-doubt.
- Participate actively in discussion.
- Listen without judgement; act with kindness.
- Contribute strategies and solutions of their design.
- Identify situations where they could give support to others.

To learn more or apply, contact  
[admin@fearlesswomen.org.au](mailto:admin@fearlesswomen.org.au)  
or visit our website  
[fearlesswomen.org.au](http://fearlesswomen.org.au)



**FEARLESS  
WOMEN** ♥

Fearless Women does not charge a fee for its services to the community.

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## A GROUP EMPOWERMENT PROGRAM FOR GIRLS AND YOUNG WOMEN

### 1 FEARLESS FUTURE

- You are not alone
- It is OK not to be OK
- Where to go to help
- Supporting a friend

### 2 CORE BELIEFS

- How they affect thoughts, feelings and actions
- Where they come from
- How to change any unhelpful ones
- Practicing self-kindness, developing positive self-talk and self-care

### 3 CHARACTER STRENGTHS

- What are mine?
- How to appreciate and respect other people's
- Growth mindset to grow my character strengths

### 4 FEELINGS & EMOTIONS

- What are they and how to know what I am feeling?
- What non-verbal communication tells others
- How to observe emotions instead of being controlled by them
- How to accept big feelings and let them go with grace

### 5 FRIENDSHIP

- What's the difference between healthy and toxic friends
- Bullying: what it is and isn't
- What do you do if a friend is being bullied
- Am I a true and healthy friend? How can I be one if not.

### 6 BOUNDARIES & COMMS

- What is a boundary?
- When & how to set one
- What if boundaries are too weak or too rigid
- Knowing when boundaries have been crossed and how to respond
- How to respond when I've crossed others' boundaries

### 7 RESILIENCE

- What and why do we need it?
- How to build it

### 8 THEY'RE JUST SELLING STUFF

Participants go on a journey to understand the tricks and subtleties used in-person and on-line to persuade them to purchase and become hooked on brands.

## 2025 DATES & INFORMATION

### FEARLESS IN FOUR

4.15-6.30pm (Wed or Thurs)

- Feb 19, 26, March 5,12
- March 19,26, April 2, 9
- May 7, 14, 21, 28
- June 5,12,19,26
- Aug 6, 13, 20, 27
- Sept 4, 11, 18, 25
- Oct 22, 29 Nov 5,12

### THRIVING IN THREE

school holidays – 1.30 – 4.45

- July 9,10,11
- Oct 8,9,10

Girls can apply to attend these programs via the Fearless Women website. They may be invited to attend a preliminary interview to determine the program suitability and availability to participate.

Girls will gain maximum benefit from attending all sessions of *Fearless Together* and as such, are expected to attend all sessions. Please consider whether alternative Fearless Women programs are more suitable, should this present an issue.

### PATHWAYS

Girls who successfully complete the program may apply to the Fearless Women two-year Mentor Program to further their skills development and social engagement.

Girls may also be referred to Fearless Women's Individual Counselling Program with appointments available:

Mondays & Fridays

9.00 am -5.00pm

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WOMEN** ♥