

Session Outlines:

The ShineGIRL and STRENGTH programs are adaptable tools which can be used to reach young men and women aged between 11 years and 17 years of age.

The program is broken down into three units with each focusing on achieving specific objectives:

1. Worth/Significance focuses on enhancing self-esteem
2. Strength/Resilience aims to increase emotional intelligence
3. Purpose/Courage encourages participants to dream and set goals for the future.

The lesson plans are user friendly and clearly outline all the activities for each week. Every week has a tagline that reinforces the lesson's focus as listed below:

ShineGIRL

Unit 1: Worth

- Session 1: I am valuable
- Session 2: I am one-of-a-kind
- Session 3: I am wonderfully made

Unit 2: Strength

- Session 4: I have the power of choice
- Session 5: My decisions determine my destination
- Session 6: I have resilience

Unit 3: Purpose

- Session 7: My potential is limitless
- Session 8: My life has purpose
- Session 9: Shine

STRENGTH

Unit 1: Significance

- Session 1: Leave your mark
- Session 2: No man is an island
- Session 3: Can't touch this

Unit 2: Resilience

- Session 4: Too tough to get rough
- Session 5: Power balance
- Session 6: Too traditional for today

Unit 3: Courage

- Session 7: Cause & effect
- Session 8: The man for the dream
- Session 9: Live the adventure