



SPEAK UP, LISTEN IN

Overview: How to Communicate with Confidence, Connect with Care

Strong communication is key to healthy relationships and positive wellbeing. This workshop helps students aged 12-17 build confidence in how they communicate with friends, family and themselves.

Through activities, students explore how speaking and listening with empathy strengthens connections, reduces conflict and manages stress. They learn to express needs clearly, stay calm when conversations heat up, handle disagreements and support friends.

Whether navigating friendship drama, social media pressure or mental health stigma, this workshop gives young people practical communication skills to use immediately.

Workshop Topics

FOUNDATION (recommended for years 7-9)

- Build Communication Skills and Confidence
- Express Thoughts, Feelings and Needs Respectfully
- Practice Active Listening and Empathy
- Stay Calm During Arguments or Tough Conversations
- Speak Up for Themselves and Support Friends
- Apply Communication Skills at School, Home and Online

APPLIED (recommended for years 10-12)

- Analyse How Communication Impacts Mental Health
- Effective Communication to Express Boundaries and Needs
- Active Listening techniques and Empathetic Responses
- Regulate Emotions During High-Stakes Conversations
- Advocate Confidently for Themselves and Others
- Transfer Communication Strategies Across Multiple Contexts

Who is this workshop for?

Years 7-9 (Foundation): Building core communication skills, managing friendship challenges and developing emotional awareness.

Years 10-12 (Applied): Navigating complex relationships, mental health advocacy, post school preparation and peer support.

Workshop Benefits

Students gain practical skills to recognise and manage their emotions in real time. They learn evidence based techniques for calming anxiety, managing anger, and coping with stress during exams, friendship conflicts and daily pressures.

Students will leave with practical tools, increased confidence, and a clear action plan for communicating with care.

This workshop supports your school's wellbeing framework while building the emotional regulation skills essential for positive classroom engagement and academic success.

Why Communication Skills Matters for Teenagers

Effective communication skills are linked to better mental health outcomes, stronger peer relationships and improved academic engagement. Research from *ReachOut Australia* shows that 1 in 5 young people experience communication difficulties that impact their mental health and relationships.

This workshop addresses critical challenges Australian teenagers face:

- **Social media miscommunication:** Misinterpreted tone in texts, screenshot culture and chat dynamics
- **Mental health stigma:** Finding words to talk about struggling, anxiety or seeking support
- **Peer pressure:** Speaking up without losing friends or being labelled
- **Conflict escalation:** Managing disagreements before they damage relationships
- **Digital impacts:** Knowing when to take conversations offline
- **Friendship challenges:** Navigating drama, exclusion and boundary setting
- **Family communication:** Having tough conversations with parents/guardians about mental health

Deilvery Options

- **Duration:** 60–90 minutes (flexible to suit school timetables)
- **Group Size:** 25-30 students per session. Sessions can run simultaneously to accommodate large groups.
- **Format:** Interactive workshop with discussion, self reflection activities, and skill building exercises
- This program can be offered over 4 weeks to allow a deeper dive into each topic to improve skill development through activities.

Inclusions

- Pre session consultation with school to address specific student cohort needs.
- Certificate of workshop for school records
- Downloadable student resource guide with emotional intelligence strategies.
- Post session student feedback survey
- Post session report with observations and recommendations.
- Student 3-step 'AHA' Action Plan

What Sets Us Apart

F.A.S.T. Training delivers evidence based wellbeing programs for Australian schools.

Our expert facilitators create safe spaces where students develop practical emotional skills.

Our delivery style is age appropriate, fun and engaging.

Find out more

www.fasttrainingaustralia.com.au

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WOULD YOU WHAT TO DO IF
SOMEONE SAID THEY FELT
DEPRESSED?

