



UNDERSTANDING YOUR EMOTIONS

Overview: Key strategies for building emotional intelligence and self-regulation

Emotions can feel confusing, overwhelming, or even scary. This workshop helps students aged 12-17 understand why they feel the way they do and what to do about it.

Through hands on activities, students learn how thoughts, feelings, and actions connect. They will discover practical techniques to manage anger, calm anxiety, and cope with stress. Students will build their own emotional toolkit with strategies that actually work.

Whether dealing with exam pressure, friendship drama, or just feeling overwhelmed, this workshop gives students the skills to respond with confidence and control.

Workshop Topics

Workshop content and resources are tailored based on session length and topics identified in the pre session consultation.

FOUNDATION (recommended for years 7-9)

- Develop Emotional Awareness and Self Understanding
- Understand Stress and Nervous System Response
- Foster Resilience and Adaptive Coping Skills
- Healthy Coping Mechanisms for Stress and Emotions
- Understand Show Thoughts, Feelings and Actions Connect
- Promote Positive Mindset and Gratitude Practices

APPLIED (recommended for years 10-12)

- Explore Emotional Intelligence and engage in Self Reflection
- Advanced Emotional Regulation and Stress Management
- Strengthening Coping Skills and Mental Flexibility
- Practical Tools for Balancing Study, Life, and Mental Health
- Understanding How Physiology Affects Emotional Health
- Developing Optimism, Purpose, and Long Term Resilience

Who is this workshop for?

Years 7-9 (Foundation): Building emotional vocabulary, basic regulation skills, and simple coping strategies

Years 10-12 (Applied): Managing complex stressors, advanced regulation techniques, and sustainable mental fitness habits.

Workshop Benefits

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

Students leave with an emotional toolkit they can use immediately.

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

Why Emotional Intelligence Matters for Teenagers

Emotional intelligence is essential for student mental health, academic success, and positive relationships. Research published in *The Australian Journal of Psychology* shows that adolescents with higher emotional intelligence experience better wellbeing, stronger peer relationships, and improved stress management.

This workshop addresses critical challenges Australian teenagers face:

- **Emotional overwhelm:** Feeling like emotions are too big or come out of nowhere
- **Poor emotional vocabulary:** Only knowing "fine," "stressed," or "angry" without specificity
- **Maladaptive coping:** Using avoidance, suppression, or destructive behaviors to manage feelings
- **Academic pressure:** Stress, perfectionism, and fear of failure creating emotional dysregulation
- **Social challenges:** Rejection, comparison, loneliness, and friendship conflicts
- **Identity development:** Confusion about who they are and how they fit in
- **Digital impacts:** Social media comparison, cyberbullying, and constant connectivity affecting mood

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 "Tool-kit"



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

07 3067 9070