

## THE 'SHINE' PROGRAM—A HUGE SUCCESS!



Over the past few months, nine Year 9 students have been taking part in a program called *'SHINE'*, which is a foundational personal development program integrating a practical, inspirational and values forming approach. Over 8 weeks the girls went through a range of topics including skin/hair care, nutrition and fitness, identity, friendship, self worth and more. They concluded the personal development program with a graduation where each student was presented with a rose and a small gift.

The *SHINE* program aims to equip girls to:

- Identify themselves as valuable individuals with something to contribute
- Build confidence, self-esteem and self-worth
- Develop decision making and problem solving skills
- Understand they are able to have a positive influence on their world
- Identify personal desires and strengths to motivate them to set and achieve personal goals

The girls really enjoyed this program. For many it was a highlight of their Fridays! We look forward to the next group in Term 4. Thanks to the Volunteers from Empower Plus for coming in and running the program for the girls.

