

The **SOAR**

Secondary School Workshop Guide



Who we are:

Soar creates and delivers preventative, **character building programmes** for teenagers from all backgrounds. We create safe, non-judgemental environments for teenagers to explore who they are and who they want to become.



What we aim to do:

Our workshops empower young people to thrive, believe in themselves and **fulfil their potential**. We create a space where young people can **be themselves**, explore their **dreams** and some of the things that might be holding them back.

Soar's programme's aim to support young people developing the following:

- Connection
- Relationships
- Self-awareness
- Resilience
- Confidence
- Purpose



What happens in a Soar Workshop:

During the Workshop:

- Our highly trained Soar facilitators deliver a **3-hour experiential workshop** with great care and skill.
- We create an **awareness** of what influences us and stops us being who we want to be.
- We provide a structured environment where young people feel free to have **honest conversations**.
- We encourage young people to express themselves authentically and create a space where it is **safe** for them to do so.
- The group are given the opportunity to explore and **claim a future** for themselves without any societal limitations.
- Young people **acknowledge** and share the strength and value they see in one another.

Things we avoid:

- We never tell young people what to say, think or feel.
- We don't offer **answers** but help the groups to support one another and share their wisdom from their life experience.

After the Workshop:

- The facilitators carry out a **robust handover** with the care team before departing from the school.
- Our team will be **in touch after** the workshop to **support you** and obtain your feedback to ensure we are continuously improving our workshops.
- We will link you to our **resource page** for anyone who may need extra support.

What to expect:

- Our team will arrive at **9:15 am** to set up the room.
- Our workshops are **3-3.5 hours in duration**. We aim to conclude by 1pm but due to the nature of our work, it is hard to predict the flow of each section. Please **allow an additional few minutes** to ensure a proper closure of the workshop for the young people.
- This time will also include a **handover with the member of staff** that was present for the morning to ensure continuity of care, if required, after the Soar Team leave. It is imperative that the **same member of staff is present** for the duration of the workshop.

Workshop Fees:

Group sizes will be capped at 50. Often, we can try to run consecutive workshops.

€750

1 Workshop

€1400

2 Workshops

€2050

3 Workshops

€2700

4 Workshops

Soar require one month's notice if you have to reschedule or cancel your workshop, otherwise we will have incur a 50% charge on the overall fee of the workshop.

*If workshop fee is a challenge to meet, please contact our Programme Manager to discuss further.

How to make your workshop a success:

1 - Find the best room

Help us make your workshop more powerful and effective by finding the most suitable room in your school.

The ideal room needs to:

- Feel **intimate** and **comfortable**: Is there some room other than a giant hallway or a gym?
- Be removed from distraction and external loud noises or interruptions.
- Please ensure the young people are not in the room while it is being set up.

2 - Room Set Up

- Have a seat for every young person in the group.
- Seats to be set up in **curved rows**, with a gap down the middle, facing the whiteboard and projector if possible (please see images below).
- Projector, flipchart/whiteboard, markers and a table (please let us know if you **don't** have a projector).
- Somewhere suitable to project. A bare wall for example.
- Have a sign on the door stating, 'room is in use'.



3 - Pre and post Workshop support

- When your workshop date has been finalized, you will be sent a series of questions about the group.
- If you wish to discuss these over the phone, please call our Bookings Administrator on **085-8504212** or if unavailable, our Programme Manager on **085-8565458**.
- After the workshop is over, please note that you can call Soar to discuss any signposting or follow-up queries long after the workshop has ended. We are **here to support you** in supporting your young people over the entire school year.

4 - Uniform Free Day

From our experience this has a **positive impact** on the workshops as the young people are more at ease, relaxed and open. Wearing the **school tracksuit/PE gear** is also encouraged if the uniform must be worn.



**To book a workshop,
check out our website:**

www.soar.ie

**If you have any questions,
please email:**

bookings@soar.ie