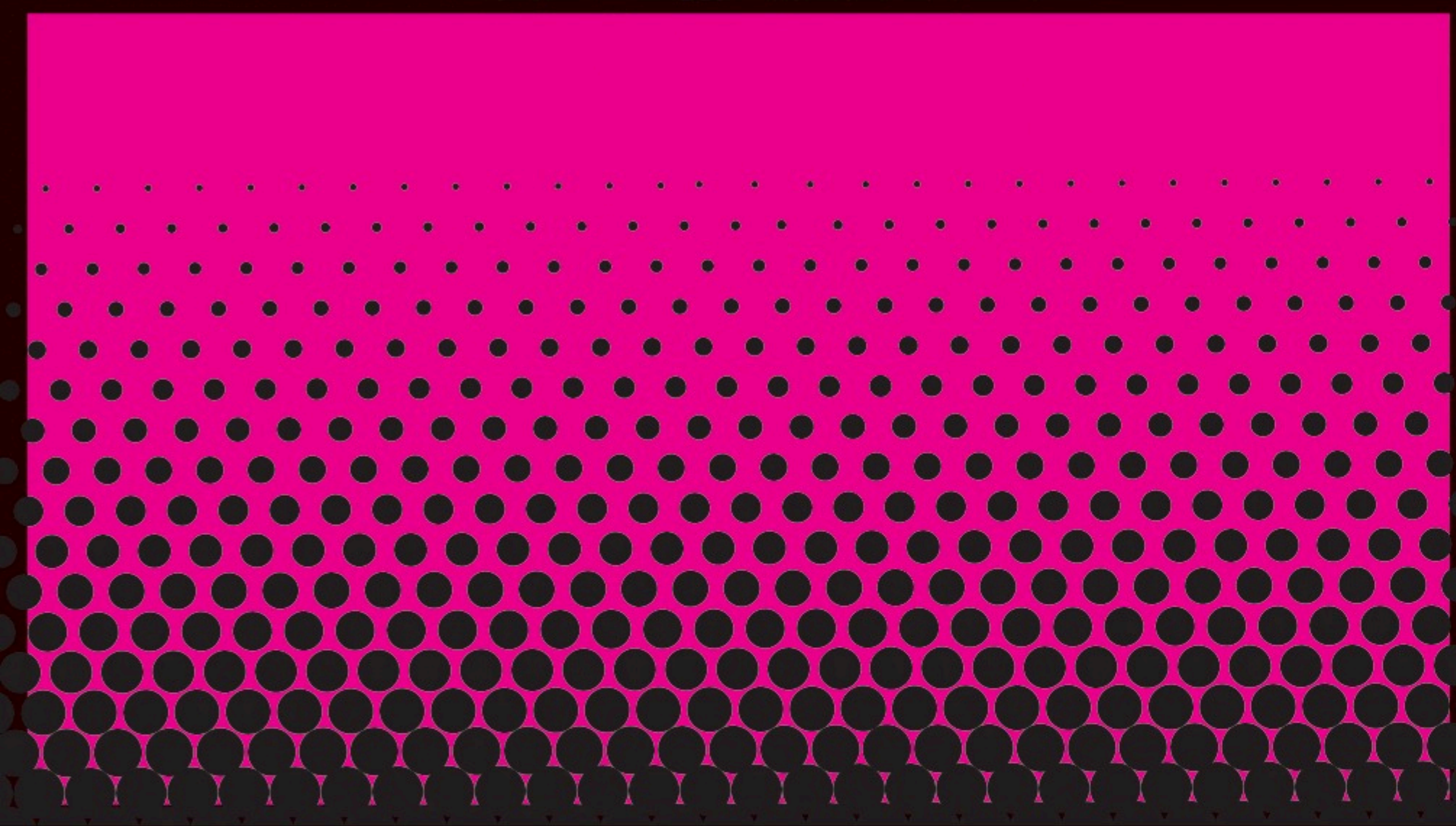




**SOMETHING  
DOESN'T FEEL  
RIGHT!**

# PROVEN CONFIDENCE BOOSTING WORKSHOPS



Every Australian can claim the right to feel safe

**KYUP!**  
PROJECT



# DISCOVER THE POWER WITHIN: EMPOWERING WOMEN AND KIDS TO THRIVE



Join us for a series of dynamic workshops designed to boost confidence and equip participants with the essential skills to navigate challenging situations. Our hands-on, interactive sessions provide a safe and empowering environment for women and children to learn and grow. Led by experienced all-female black belt role models, these workshops are driven by real-life stories and practical advice, ensuring valuable takeaways for all participants.

## WHAT TO EXPECT:

### Real-Life Stories and Practical Advice:

1. Gain insights from real-life experiences and learn practical strategies to tackle everyday challenges. Our workshops are designed to provide relevant and relatable content, driven by the input of young people.

### Empowered Decision-Making for Everyday Scary Situations:

2. Develop the ability to make confident decisions when faced with intimidating or scary situations. Learn how to assess risks, trust your instincts, and make empowered choices for yourself and others.

### Judgment-Free Space for Safety and Connection:

3. Experience a welcoming and non-judgmental environment where women and kids can freely express themselves. Build a sense of community and connection as we explore personal safety together.

### Effective Physical Self-Protection Techniques:

4. Master practical self-defense techniques that can be utilized in real-life situations. Our experienced instructors will guide you through hands-on exercises to enhance your





## KEY TAKEAWAYS:

### Trust Your Instincts, Tune into Intuition:

1. Develop a deeper understanding of your instincts and learn how to trust them. Gain the tools to confidently navigate unfamiliar or potentially unsafe environments.

### Identify Potentially Unsafe People/ Behaviors/Situations:

2. Learn to recognize red flags and identify potentially dangerous individuals, behaviors, and situations. Build the awareness necessary to keep yourself and your loved ones safe.

### Physically Protect Yourself and Your Property:

3. Acquire effective self-defense techniques that empower you to protect yourself physically. Learn practical methods to safeguard your personal belongings and create a secure environment.

### Raise Your Voice and Stand Up for Yourself and Others:

4. Cultivate the confidence to assert yourself and advocate for your rights. Discover the power of your voice as we explore strategies for speaking up and standing up against injustice.





# OUR WORKSHOPS

## 1. KYUP! COURAGE WORKSHOP

- > Suitable for Years K-6
- > Building Courage: This workshop is specifically crafted to help young students develop courage, face their fears, and build confidence. Through engaging activities and empowering discussions, students will learn practical strategies to overcome challenges and build resilience.

## 2. KYUP! POWER WORKSHOP

- > Suitable for Years 7-9
- > Unleash Inner Power: In the crucial adolescent years, it's vital for students to harness their inner power and develop unwavering confidence. This workshop encourages self-expression, effective communication, and assertiveness, enabling students to navigate social situations with authenticity and conviction.

## 3. KYUP! VOICE WORKSHOP

- > Suitable for Years 10-12
- > Amplify Authenticity: Senior students will benefit from this workshop designed to encourage self-expression and effective communication. The workshop builds upon the self-assuredness students gained in previous workshops, and teaches them to speak up, identify and express their needs, and advocate for themselves.

## 4. KYUP! COMMUNITY WORKSHOPS

- > Suitable for All Ages, Women and Children
- > Building Resilient Communities: a comprehensive workshop aimed at fostering resilience, emotional well-being, and self worth. By cultivating a supportive and inclusive environment, participants will develop stronger connections, enhance their social skills, and discover they are stronger than they think.



# SIGNATURE PROGRAM

## SESSION 1 - TRUSTING YOUR INTUITION

- What is intuition, what does it feel like and why should you listen to it?
- Awareness - practical ways to be safe – prepared not scared
- Physical self defence drill – warm up with basic strikes against shields and wrist release techniques

## SESSION 2 - POWER OF YOUR VOICE

- Dan jueng breathing – voice from your core
- How to say what you mean and mean what you say
- Physical self defence drill – warm up with basic kicks and pressure points

## SESSION 3 - REPLACE FEAR WITH CONFIDENCE

- Worry versus Fear – what's the difference and why does it matter?
- Physical self defence drill

## SESSION 4 - INTIMIDATION & DEESCALATION

- Body language and the power of the voice
- Physical self defence drill - warm up with diffusion tactics and introduction to blocks

## SESSION 5 - ETHICAL BYSTANDING

- Video 'news' presentation of 'Gold coast girls attack elderly passenger' – brave 12 year old girls acts to support
- What is the bystander effect? Top 5 reasons people don't intervene and how to step up without risking your safety or the safety of others
- Physical self defence drill – warm up. Defence against zombie hokes and ground techniques

## SESSION 6 - UNSAFE PEOPLE, HARMFUL RELATIONSHIPS AND SCARY SITUATIONS

- Signals of unsafe people and how to combat
- Physical self defence drill – warm up with defense against bear hugs and relocation techniques

## SESSION 7 - SELF DEFENCE IN REAL LIFE

- Role play - students work in groups to act out a safety situation with a demonstration of the right way to handle an unsafe person and crisis situation

## SESSION 8 - DEMONSTRATION & GRADUATION

- Warm up and revision of all techniques learned
- Students demonstrate their self defence skills with a role play of their chosen scenario
- Board break
- Graduation certificate

### COURSE REQUIREMENTS:

- Space for the girls to pair up and practice their moves. KYUP! Presenter will bring a speaker, portable projector
- Clothing, comfortable clothing for exercise



# WHY CHOOSE A KYUP! WORKSHOP?



- > **Evidence-Based Approach:** Our workshops are backed by research and best practices in education, martial arts, policing and psychology. We ensure that our content is up-to-date, relevant, and effective in promoting confidence and personal growth.
- > **Trauma Informed:** Trauma can have profound and long-lasting effects on children, impacting their emotional well-being, behavior, and ability to learn. Trauma-informed workshops provide a safe and supportive environment for students to process their experiences, develop coping strategies, and build resilience. By understanding the impact of trauma, educators and parents can better support students and promote healing.
- > **Experienced Facilitators:** Our team of experienced facilitators are trained black belt professionals who have a deep understanding of the challenges faced by school-aged students. They employ engaging techniques and interactive methods to make the workshops impactful and enjoyable.
- > **Tailored Curriculum:** Each workshop is carefully designed to cater to the specific needs and developmental stages of different year groups. We address age-appropriate topics and provide practical strategies that students can apply in their daily lives.

- > **Positive Impact:** Our workshops aim to create a positive and lasting impact on students, fostering their self-esteem, resilience, and overall well-being. By equipping them with confidence-building skills, we empower students to navigate challenges and thrive academically, socially, and personally.

Take the first step towards building a more confident and resilient school community. To learn more about our evidence-based workshops or to book a session, visit [www.kyupproject.com.au](http://www.kyupproject.com.au)





# KEYUP! RESULTS

Participants tell us they are  
**EMPOWERED, CONFIDENT & BRAVE**  
on completion of a KEYUP! Workshop.

Prior to KEYUP! workshop less than half of the girls believed they were equal to boys. After presenting a mix of real life stories, facts and strategies to combat gender equality,

**MORE THAN 80% OF GIRLS**

believed they were equal to boys. Boys who participated in the workshop also felt that girls were equal to boys following the workshop.

1 in 4 indigenous girls believed girls were equal to boys. We empowered the girls to strengthen bonds with self worth exercises to engage the whole of year cohort' and as a result after the workshop

**75% OF GIRLS**

believed girls were equal to boys.

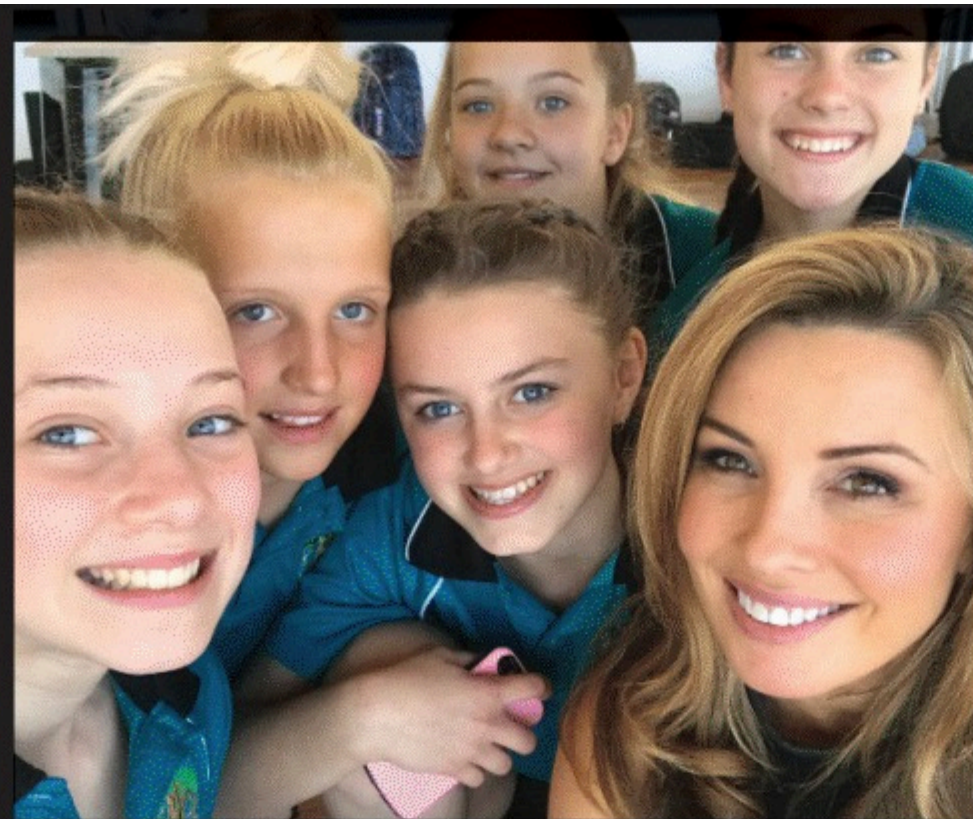
**75% to 100%**

of girls felt equal to others after completing confidence building exercises alongside empowering self protection skills training.

**97%**

1 in 3 teen girls felt confident to protect herself before the workshop, confidence grew to **97%** after the girls participated in self worth exercises and learned KEYUP! self defence techniques.









**Mel Thomas**

M: 0402 075 365

E: [mel@kyupproject.com](mailto:mel@kyupproject.com)

W: [www.kyupproject.com.au](http://www.kyupproject.com.au)

