

SHOOK MAN THEORY OF CHANGE

The **CHALLENGE** we seek to overcome:

Many young people are not equipped to deal with emotionally challenging situations, which can impact their wellbeing and outcomes.

To solve this challenge we see **3 KEY NEEDS** for young people:

- Young people need an awareness of how to recognise and process emotions.
- Young people need an environment which fosters emotional growth.
- Young people need engaging and fun ways to discover their emotions.

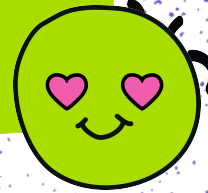


We will meet these needs with our **WELLBEING INITIATIVE**:

Delivering art based 'Emotional Resilience' workshops, in the educational setting, that utilise drawing and play, to engage young people's mind and make learning fun.

And realise our **ULTIMATE GOAL**:

A future where children grow up feeling confident and creative.



This will mean that we achieve our **MISSION**:

To develop young people who are emotionally resilient and able to adapt to life challenges.



And longer-term, this will lead to these **OUTCOMES**:

By engaging in workshops, young people become comfortable, confident and resilient in who they are. They are more confident through their ability to express themselves, and more resilient through their awareness and recognition of the emotions they are experiencing.



Through our work, we will achieve these **INITIATIVE GOALS**:

- Promote self-awareness in children from early age, contributing to their personal growth and emotional resilience.
- Facilitate children learning of how thoughts and emotions impact their self-belief and ability to achieve meaningful goals.
- Develop empathy through the sharing of experiences among peers.

