

TOOLS FOR TOMORROW

finding your  
**VOICE** 

communicate with confidence.  
speak with purpose.

# OVERVIEW

---

Finding your Voice is an experiential workshop that helps young people communicate with confidence, clarity and presence.

Through activity-based challenges and guided reflection, students practice speaking up, listening actively and expressing ideas in a way that feels authentic, not forced.

This workshop is interactive, inclusive and discussion-led, creating a psychologically safe environment where students can practice confident communication together.

# THE PROBLEM

---

Many young people have grown up during a period of disrupted social development, including challenges like:

**Extended time  
online**

**Reduced face-to-  
face interaction**

**Changing communication  
norms during/after COVID**

Young people have had fewer opportunities to practice speaking, listening and contributing in real-world settings. As a result, many struggle to communicate confidently in-person - particularly in interviews and high-pressure situations.

# THE SHIFT

---

This workshop reframes communication as:

**A skill you practice**     not     **A personality trait you're born with**

Through guided activities and reflection, students are given:

- safe, structured opportunities to speak, listen and contribute
- challenges to build confidence through action rather than theory

The focus is always on progress, not perfection.

# WHY IT MATTERS

---

In education, work or life, those who can communicate clearly are more likely to be heard, trusted and progressed.

As competition for opportunities increases, the ability to articulate ideas, speak up, ask questions and contribute confidently is no longer optional - it's essential.

# OUTCOMES FOR STUDENTS

---

By the end of this workshop, students will:

- Feel more confident speaking up in groups
- Communicate ideas with greater clarity and presence
- Listen more effectively and respond with intent
- Understand how their voice contributes to team and career success

***“Extremely positive session. Whether the students were used to public speaking or not, they were given the opportunity to push themselves out of their comfort zones and discover something new about themselves and each other!” - Careers Lead***