

TOOLS FOR TOMORROW

unlocking your
SUPERPOWER 

standing out isn't about doing more.

it's about **understanding yourself better.**

OVERVIEW

Unlocking your Superpower is an experiential workshop designed to help young people build confidence by understanding who they are and how to communicate it.

Rather than focusing on grades or job titles, this workshop supports students to uncover their strengths, values, motivations and lived experiences - and recognise these as powerful assets for their future careers.

This workshop is interactive, inclusive and discussion-led, creating a psychologically safe environment where students can reflect, share and build self-awareness and confidence together.

THE PROBLEM

Most young people struggle to answer simple but critical questions:

**What am I actually
good at?**

**What makes me
different?**

**How can I talk about myself
without feeling awkward?**

As a result, students often undermine their abilities, rely on grades alone to define their value and lack confidence in applications, interviews and career conversations.

THE SHIFT

This workshop helps students shift from:

I don't know what I bring —————> **I know what makes me valuable**

Through guided activities and reflection, students begin to:

- recognise patterns in their strengths and experiences
- reframe confidence as something that is built not born
- understand that their story already holds employable value

WHY IT MATTERS

The job market is more competitive than ever and employers are increasingly looking beyond grades.

Confidence, self-awareness and the ability to communicate personal strengths are now essential.

Without these skills, young people are left feeling uncertain, anxious and underprepared for what comes next.

OUTCOMES FOR STUDENTS

By the end of this workshop, students will:

- Feel more confident in who they are and what they offer
- Have language to articulate their strengths and values
- Feel more prepared for applications, interviews and career conversations
- Understand confidence as a skill they can practice and grow
- Leave with a clearer sense of direction and self-belief

“I didn’t realise how much I already had to offer until this workshop” - Year 12 Student