



**CHAMPIONS**  
ACADEMY  
—

**FOR SCHOOLS**





## WHAT DO WE DO?

Students are growing up in a world where they are inheriting complex problems. We want to compliment knowledge with life skills to help give them the confidence to solve these problems and play a more active role in shaping the future that they will grow up in.

**OUR PROGRAMS ARE DESIGNED TO CREATE CURIOUS QUESTIONERS, INNOVATIVE PROBLEM SOLVERS AND ENTREPRENEURIAL THINKERS.**

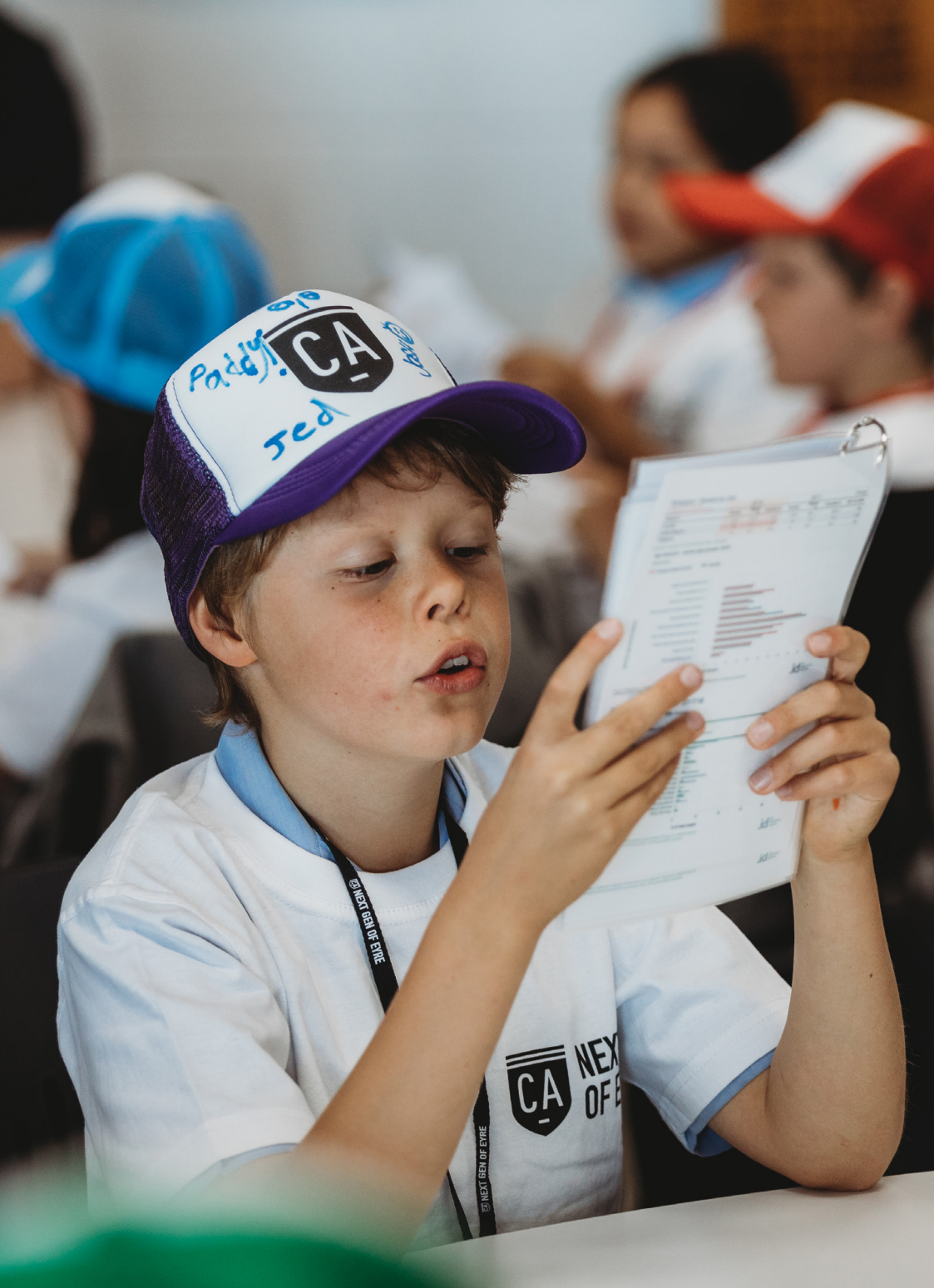
Our intent is to share knowledge which gives them license to champion a cause greater than themselves. We want to inspire students to become curious questioners, innovative problem solvers, entrepreneurial thinkers and change agents, who recognise their individual and collective potential to create an impact.

## OUR APPROACH

Our team delivers programs and events to students in the school environment, as well as off-site. We offer a number of programs that are tailor-made to suit the needs of specific schools:

- A primary level program (Super Heroes)
- An upper primary level program (Future Shapers)
- A middle school program (Influencers)
- Secondary student opt-in workshops (Game Changrs)

In each of the above programs, our team will work closely with teachers at the respective year levels to ensure content is connected to the school curriculum and needs of the broader community, with students having the opportunity to develop a team purpose project as an outcome.



## SUPERHEROES

### AIM:

This program has been designed to help students to understand why they think and act the way they do, how to deal with big emotions, develop empathy and discover strategies they can use to make positive choices.

The program encourages participants to notice what is going on around them, and look for healthy role models (not just popular people) as they go through life.

### CONTENT:

Students will gain an insight into the different ways they can collaborate with others to solve problems that matter to them; and be inspired to use their unique 'superpowers' (their unique strengths and attributes) to take action in areas they care about.

### DELIVERY:

Content is delivered in one six-hour session on a school day (onsite).



**WHO IS IT FOR:**  
We recommend this program  
for Year 4 students



## INFLUENCERS

### AIM:

This program fosters leadership skills and role model development and helps students to recognise influence as a tool of positive change in the community.

### CONTENT:

This highly interactive program will help students to recognise their personal triggers and understand the reasons why they (and others) might react in a particular way in different situations. Working in teams in a simulated environment, our team will help students to make conscious decisions as positive role models; and explore how to make personal choices they are proud of. Students will be introduced to design thinking, which will provide an opportunity for them to channel their energy and creativity to collaboratively solve problems connected to their local community.

### DELIVERY:

Content is delivered in one six-hour session on a school day (onsite).



# FUTURE SHAPERS

## AIM:

On a personal level, this program aims to help students develop rational thinking, self-confidence and manage pressures as they begin secondary schooling. On a higher level, this program aims to help students to find their voice and recognise the potential they have to shape a future they want to be a part of.

## CONTENT:

Our team will 'refresh' what makes people tick and conscious decision making covered in the Year 5 program, before exploring strategies to help them cope with overwhelm and understanding what they can do when things in life might not go according to plan.

Working in teams, the students will undertake design challenges that re-activate the creative centre of their brain as they learn to apply human centred design thinking for social impact, and a shared value approach to problem solving, which will lead to a greater understanding of their ability to shape the future of their community.

The content for this program has been specifically designed to create a sense of connection to community by introducing students to inspirational community champions and change makers, who act as Mentors for each team.

## DELIVERY:

Content is delivered in one six-hour session on a school day (onsite).



**WHO IS IT FOR:**  
We recommend this program  
for Year 6 students



# GAME CHANGER BOOTCAMP

## AIM:

Our intensive workshops are designed to teach students how to actively shape the future they will grow up in, beginning with helping them to understand their sphere of influence and control, and ending with an awareness of the bigger picture which leaves them with a sense of optimism for the future.

## FORMAT:

This two-day interactive workshop takes place away from the ordinary school environment, bringing together students from across the region to collaboratively work on real life problems and stress-test innovative ideas.

## CONTENT:

Firstly the fundamentals of human thinking will be addressed, where students will learn about cognitive bias, core beliefs and how their personal narrative influences their view of the world. They will then learn strategies to base decisions on fact instead of assumptions, practice conscious decision making and be taught strategies to manage stress, overwhelm and analysis-paralysis to help along their unique path in the secondary education system.

Following this, our team will help students to develop a valuable insight into what makes money go 'round in their community, and encourage them to observe the constantly changing conditions happening around them locally, as well as big picture, to help them understand what the implications are for their community.

As a part of this workshop, students will be working directly with a number of change makers and community champions from the Champions Academy network, who will work with them to learn basic human centred design, innovation and entrepreneurship methods in problem solving and changemaking.

## DELIVERY:

Content is delivered over two full days, off-site. Students will work in small teams of up to eight, each with a dedicated mentor.



**WHO IS IT FOR:**  
We recommend this program  
for Year 7 - 12 students

This is a voluntary, inclusive  
'Opt In' initiative



# SARAH PRIME

## FOUNDER CHAMPIONS ACADEMY

Sarah established Champions Academy in response to a need that she identified to arrest the contraction and decline of rural areas in South Australia. In 2015 she piloted a mentoring framework through sporting clubs, and in 2019 an adapted model of Champions Academy was established in schools.

As a result of her work with Champions Academy Sarah has been acknowledged with the **Rural Womens Award (2015)**, **Telstra Business Womens Award for Purpose & Social Enterprise (2016)**, was nominated for the **Australian of the Year Local Hero for SA (2017)** and was awarded a **Social Impact Fellowship with the Westpac Scholars Trust (2019)**.

Sarah studied behavioural science at the tertiary level, later deepening her understanding of human behaviour of individuals in group environments from a social-cognitive neuroscience perspective, through NeuroPower Learning and Development.

Throughout her career in business advisory and economic development, she was extensively involved in next generation leadership development and mentoring. She is presently an official Mentor in Residence for Westpac's W100 Scholars as well as Agrifutures' Bud Program.

As a highly regarded keynote speaker on community resilience and vitality through social cohesion, Sarah plays a key role in program design and delivery.





# GEMMA LEONARD

## DIRECTOR OF CA FOR SCHOOLS

Gemma oversees the management of Champions Academy's school-based programs.

Gemma is one of the original Mentors of Champions Academy, and has been involved with the delivery of programs for schools and sporting clubs since 2016.

Gemma has undertaken advanced training with People HQ to apply the social cognitive neuroscience that underpins Champions Academy's program design.

She has a background in primary education and has taught in Port Lincoln, Cleve and Cowell from Reception to Year 7.

Gemma plays a leading role in program design and delivery, and is our first point of contact for our *CA for Schools* programs.

**For all queries relating to CA for Schools:**

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