

WORTH.
STRENGTH.
PURPOSE

shine



SHINE

A COLLECTION OF PERSONAL
DEVELOPMENT MENTORING TOOLS FOR
GIRLS AND WOMEN, DESIGNED TO
DEVELOP AN UNDERSTANDING OF
PERSONAL **WORTH, STRENGTH AND
PURPOSE** AND TO HELP GIRLS REALISE
THEIR FULL POTENTIAL.

THE SHINE CURRICULUM PROVIDES UNIQUE PERSONAL DEVELOPMENT AND GROUP MENTORING TOOLS THAT USE AN INSPIRATIONAL, PRACTICAL AND EXPERIENTIAL APPROACH TO LEARNING. THE PROGRAM IS FOUNDED UPON THE PREMISE THAT EVERY LIFE COUNTS AND HAS INTRINSIC VALUE AND FOSTERS AN AWARENESS OF THIS BELIEF.

THE SHINEGIRL PROGRAM IS BASED ON THREE FOUNDATIONAL CONCEPTS:

worth - strength - purpose

WORTH:

SESSION ONE: I AM VALUABLE

SESSION TWO: I AM ONE OF A KIND

SESSION THREE: I AM WONDERFULLY MADE

STRENGTH:

SESSION FOUR: I HAVE THE POWER OF CHOICE

SESSION FIVE: MY DECISIONS DETERMINE MY DESTINY

SESSION SIX: I HAVE RESILIENCE

PURPOSE:

SESSION SEVEN: MY POTENTIAL IS LIMITLESS

SESSION EIGHT: MY LIFE HAS PURPOSE

SESSION NINE: SHINE

SESSION TEN: SHINE GRADUATION.

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SESSIONS AIM TO DEVELOP A STRONG SENSE OF PERSONAL IDENTITY, CONFIDENCE AND HOPE.



program objectives

IDENTIFY THEMSELVES AS VALUABLE, WITH MUCH
TO CONTRIBUTE TO SOCIETY

BUILD CONFIDENCE AND GAIN AN UNDERSTANDING
OF INTRINSIC VALUE

DEVELOP DECISION MAKING AND PROBLEM
SOLVING SKILLS

UNDERSTAND THEY ARE ABLE TO HAVE A POSITIVE
INFLUENCE ON THEIR WORLD

IDENTIFY PERSONAL DESIRES AND STRENGTHS TO
MOTIVATE THEM TO SET AND ACHIEVE PERSONAL
GOALS.

PROGRAMS ARE DELIVERED THROUGH A COMBINATION OF:

DEMONSTRATIONS & ILLUSTRATIONS

GROUP DISCUSSIONS

PRACTICAL EXERCISES

ROLE-PLAYS

CASE STUDIES & SIMULATIONS

worth - strength - purpose