

2 DAY

## Rock and Water Program FOCUS ON GIRLS

### Workshop for SPECIALISED Training



## Focus on GIRLS and WOMEN

**INNER STRENGTH AND ATTITUDE,  
COMMUNICATION AND SOLIDARITY**

The 2 day Rock and Water training program **Focus on Girls and Women**, developed by Linda Geraeds and Freerk Ykema, NL, uses the basic skills and concepts of the Rock & Water program, while paying special attention to the developmental challenges and qualities of girls and women. Participants will learn to work with the different Rock & Water principles to build on their communication skills to live with others and the world around them without losing their own individuality and personal path in life. This training supports girls and women in their journey to becoming powerful individuals.

### The main goals of the program are:

- To increase body awareness
- To become aware of attitudes, emotions and reaction patterns
- To experience body strength
- To increase self-confidence and learn to rely on your own strength
- To experience your power and to learn how to translate inner feelings into action
- To use mental power related to inner strength
- To feel, set and defend boundaries
- To deal with exciting situations without losing your inner strength

Aside from important theoretical backgrounds, different methods of approach will be taught and practiced. The training is centred around three themes: ground your body, centre your power and focus your mind. Working with these themes teaches girls and women to connect with their body, inner feelings and strength, and from there connect with the environment.

The Rock aspect enables girls and women to believe in their own strength and to increase their self-confidence. The Water aspect provides the tools to translate this new-found strength into communication with others.

The training program is tailored for teachers, trainers/coaches, therapists and Rock & Water trainers, who want to support girls and women to re-connect with their

***“Hands on learning - you do what you expect the student to do - you gain integrity and knowledge” Anne - Marie***

## 10-lesson Program

Rock and Water working with girls/woman consists of a 10-lessons program:

- Stand strong and stay strong
- Generating force from your basic
- Power of breath and using your voice
- Body language and attitude
- Rely on your intuition and feelings
- Feeling and setting boundaries
- Dealing with sexuality and sexual violence
- Mental strength and self-confidence
- Making choices: the Rock quality
- Communication and solidarity: the Water quality

## Workshop details

**When:** Various dates through out Australia

**You will receive:**

- 2 days intensive training with Master Instructor Elizabeth Mahler
- Focus on Girls and Women Manual
- Starter Manual
- Catering

**Cost:** \$561.00 training package

\$881.00 training, package + resource package

**Workshops Times:**

Registration: 8.15 for 8.30am start – finishing at 5.00pm  
(Visit the website below for all the details)

[www.newcastle.edu.au/rw](http://www.newcastle.edu.au/rw)



The Gadaku Institute and Family Action Centre encourages participants to also complete the accredited 3 day Rock and Water Program which provides a comprehensive understanding of the theory and principles of Rock and Water





2 DAY

Rock and Water Program  
**FOCUS ON GIRLS/WOMEN**  
Workshop for SPECIALISED Training

## PROGRAM DESCRIPTION

The Rock and Water **Focus on Girls and Women** training has been developed in the wake of the highly successful, internationally renowned Rock and Water program for boys, founded in 1994.

Originally designed to help boys' social - emotional development, teachers implementing the program in their classroom found the lessons were equally beneficial to the girls participating. It was also evident that girls and boys differ in their social - emotional development and that the challenges of relationships, family, school, peer pressure, identity and roles in society were also different.

The Rock and Water **Focus on Girls and Women** training has been designed on the 3 strong foundations of Self Confidence, Self Control and Self Awareness taken from the 3 Day Rock and Water program. When developing the Girls and Women's program, a 4th foundation was added - Stepping into Action. While most boys grow up with a strong sense of their physical presence, many girls for reasons - social, physiological and psychological, do not and this lack of physical awareness and confidence in their connection to their body can cause them to become "stuck" in situations. This can manifest itself in indecision, over thinking, staying in toxic relationships and depression.

While the 3 day Rock and Water training program teaches skills (especially for males) to develop a greater sense of empathy for others, the focus for girls and women is more about how not to lose their sense of self in another, to be able to connect and communicate deeply with others while being personally powerful enough to make their own choices in life.

The flip side to women losing their identity in their role as carer (for partners, children, parents) is that those women who may have experienced disempowerment through abusive relationships, violence, discrimination or just for lack of good female role models may become disconnected from their emotions and empathic sensibilities and act out violently or destructively. More commonly amongst women, however, is that this disempowerment or violence is turned inward and can lead to depression, self harm, eating disorders and anxiety.

The Rock and Water Focus on Girls and Women uses physical – psycho - social exercises designed to enlighten them to the possibility of their physical strength, that can then deeply connect them to their inner strength both emotionally and mentally. The course empowers those in need of learning how to stand on their own two feet and to be the captain of their own life's path. For others who may have become callous in order to "survive", it reconnects them to their empathic being, to their emotions, their own vulnerability and allows them to trust others because they are "strong" enough to do so.

The course is essential to all those who work with women and girls. It is run over two days and is supported with manuals, dvd's and other resource materials. The course is divided into 10 lessons but can be condensed or expanded to fit the time constraints of school terms for example. This program is already being implemented in schools, in community groups and welfare agencies around the world and is being received with enthusiasm by the facilitators we are training.

*"Investment in the education of girls may well be the highest-return investment available in the developing world."* Lawrence Summers, economist, President Emeritus and Charles W. Eliot University Professor of Harvard University.

*"Study after study has shown us that when women are fully empowered and engaged, all of society benefits,"* Dr Asha- Rose Migiro, Deputy Secretary General United Nations

**2 day Rock and Water Focus on Girls and Women is listed by the NSW Institute of Teachers as a professional development accredited course.**



# ROCK AND WATER TOUR 2014

## REGISTRATION FORM

### & TAX INVOICE

The University of Newcastle

ABN: 15 736 576 735

## TOUR DATES

### 2 DAY WORKSHOPS

#### Focus on Girls / Women

**QLD** Brisbane

**5 – 6 May**

**Venue: Mitchelton State School**

**VIC** Melbourne

**16 – 17 June**

**Venue: Emmanuel College, Notre Dame Campus, Pt Cook**

**NSW** Newcastle

**23 – 24 June**

**Venue: St Laurence Centre, Broadmeadow**

**NT** Darwin

**4 – 5 August**

**SA** Adelaide

**28 – 29 August**

**NSW** Sydney

**15 – 16 September**

#### Primary School Focus

**SA** Adelaide

**22 – 23 May**

**Venue: Woodville Primary School**

**VIC** Melbourne

**14 – 15 July**

**NSW** Sydney

**28 – 29 July**

**QLD** Brisbane

**4 – 5 August**

**TAS** Launceston

**6 – 7 November**

**Venue: PCYC Newstead**

#### ASD

**SA** Adelaide

**30 June – 1 July**

**Venue: Christie Downs PS**

**QLD** Brisbane

**21 – 22 August**

**NSW** Sydney

**(postponed- date TBA)**

**Venue: Airds High School Campbelltown**

## PERSONAL DETAILS

1<sup>st</sup> Person Title \_\_\_\_\_ Given Names \_\_\_\_\_ Surname \_\_\_\_\_

Position \_\_\_\_\_

Email (essential) \_\_\_\_\_

2<sup>nd</sup> Person Title \_\_\_\_\_ Given Names \_\_\_\_\_ Surname \_\_\_\_\_

Position \_\_\_\_\_

Email (essential) \_\_\_\_\_

Organisation \_\_\_\_\_ Contact \_\_\_\_\_

Postal Address \_\_\_\_\_

Town/City \_\_\_\_\_ State \_\_\_\_\_ Postcode \_\_\_\_\_

Phone \_\_\_\_\_ A/H contact (essential) \_\_\_\_\_

Fax \_\_\_\_\_ How did you hear about the training? \_\_\_\_\_

Dietary Requirement \_\_\_\_\_

*(Requests for Halal or Kosher meals may incur additional costs, please contact our office for more details)*

## ATTENDANCE COSTINGS

2 Day Training \$ 561 pp (inc gst, catering and manual) or

\$ 881 pp (inc GST, catering, manual, theory book, basic exercise DVD, Bringing it Together - 22 case studies, R&W Boys & Girls Poster packs 1 & 2 and NEW certificate pack)

*Please note you will receive the supporting resources by post and the manual at the training.*

## PAYMENT DETAILS : CHEQUE / CREDIT CARD / ONLINE

This completed form is your Tax Invoice for the purposes of GST **An Invoice Receipt will then be issued confirming payment**

Number of people attending @ \$ 561 \_\_\_\_\_

Number of people attending @ \$ 881 \_\_\_\_\_

**TOTAL COST** (inc gst) \$ \_\_\_\_\_

**CHEQUE** - Make cheque payable to: The University of Newcastle

**CREDIT CARD** Please debit my  **VISA**  **MASTERCARD** **EXPIRY DATE** \_\_\_\_/\_\_\_\_/\_\_\_\_

**CARD NUMBER** \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

**NAME OF CARDHOLDER** \_\_\_\_\_

**SIGNATURE** \_\_\_\_\_ **CARDHOLDER'S CONTACT NO.** \_\_\_\_\_

**REGISTER ONLINE**  @ **www.newcastle.edu.au/rw**

only with credit card

**ONLINE**



@

**www.newcastle.edu.au/rw**

### LIABILITY WAIVER All participants listed on this registration must read and sign below.

I agree and acknowledge that I am undertaking participation in the Rock and Water training and activities at my own free will and intentional act. I am fully aware that possible physical injury might occur to me as a result of my participation in this event. I give this acknowledgement freely and knowingly and that I am as a result able to participate in the events and I do hereby assume responsibility for my own well-being.

**Participant 1 Signature:** \_\_\_\_\_

**Participant 2 Signature:** \_\_\_\_\_

**CANCELLATION POLICY** Written requests for registration refunds must be postmarked or emailed 2 weeks prior to the commencement date and will then be refunded (less \$80.00 processing fee). Cancellations received within 2 weeks of the commencement date will not be refunded although the registration can be transferred to another participant for the same workshop. No refunds are given for no-shows. *In the event of unforeseen circumstances The Family Action Centre reserves the right to change or cancel workshops.*

*The Family Action Centre is a not for profit organisation. By attending events or purchasing resources from the FAC you are supporting the development of further resources and continued delivery of professional development training.*

We will keep you informed of future training opportunities.  I DO NOT wish to be added to the promotional database

**QUESTIONS?** Call: 02 4921 6403

**Send your Registration Form by :** e : FAC-events@newcastle.edu.au | f : 02 4921 8686

p : Family Action Centre, University of Newcastle, University Drive, CALLAGHAN NSW 2308

