

2023



# ANNUAL IMPACT REPORT



Independently reviewed by the Be You Programs Directory



# ABOUT GROW YOUR MIND



## OUR MISSION

Poor mental health is a serious issue. Mental health education does not have to be

We are on a mission to reclaim the term mental health. We ALL have it and we can all learn ways to look after it. As Dr Addie Wootten, CEO of Smiling highlighted earlier this year research showed that focusing on improving mental wellbeing early in life can reduce the prevalence of mental illness by a factor of eight.

That is why we are dedicated to arming children from the age of 3, their educators and families with knowledge about their brains, emotions and key habits that build resilience. We want school staff, students and families to have access to engaging, play-based and collaborative wellbeing resources.

Our mission is to provide evidence-informed positive mental health education using a whole-school approach.

We want to help grow resilient & connected communities. We want a society that can talk about the mental health continuum in a supportive and empowering way.

Here is how in 2023 we have been working towards this Mission..

Kristina and Alice  
(Co-founders of Grow Your Mind)

## 2023 SAW US REACH

**204 schools using the  
GYM schools program  
(29% of our goal of 690  
by 2027)**

**We trained a further  
1400+Educators in our PD**



*“...if we work hard during childhood to build skills and strategies and ensure kids are feeling supported, connected and safe, we could see eight times fewer people experiencing mental illness later in life.”*

Dr Addie Wootten

# PATERSON PUBLIC SCHOOL CASE STUDY

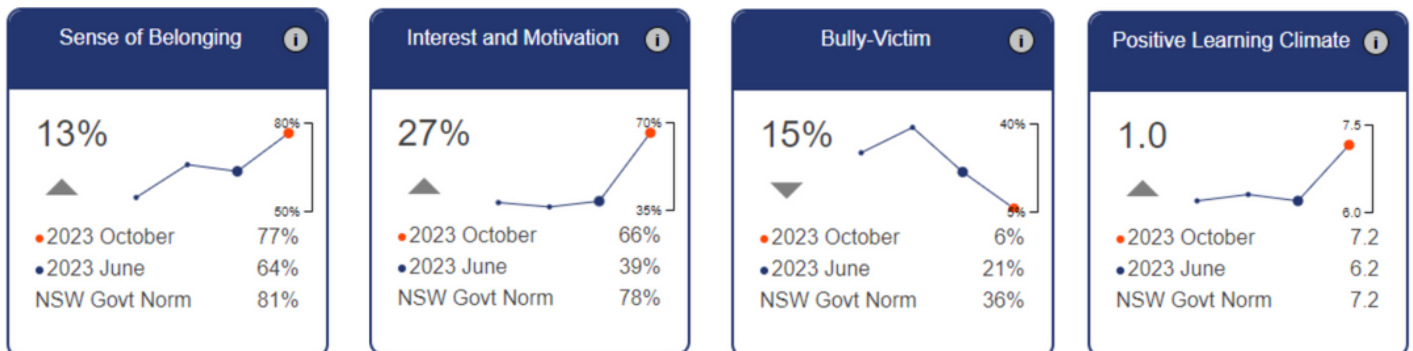


**In August this year we were lucky to visit Paterson Public School in the Hunter Valley to run a parent workshop. They were fairly new to Grow Your Mind however the results they reported were astonishing...**

Under the impressive leadership of teaching Principal Phil Lindsell the school had begun using the Grow Your Mind school program as well as participating in the Teacher Wellbeing training at the beginning of the year. The initial snapshot in June 2023 from the "Tell them from me" student data was encouraging, but it was the follow-on snapshot that proved exciting and positive changes had been happening since embedding Grow Your Mind in the school

Tell Them From Me Student Snapshot 2 A report from Principal Phil Lindsell

"We have continued to capture some very strong data and positive growth trends across our school with our Tell Them From Me Survey for this semester. "We had very strong results in the first snapshot, with plenty of results 'breaking the trend and we have continued to see more positive growth in the second snapshot." See data graphs below:



Other findings were:

- Positive relationships rose by 5%
- Values school outcomes rose by 5%
- IEffort rose by 7%
- Advocacy at school went from 6.9 to 7.4 to 8.1
- Positive Teacher-Student Relations went from 7.6 to 8.0 to 8.2







# THE GROW YOUR MIND PROGRAM IN 2023

*Grow Your Mind is the wellbeing program we needed! As a PBL school, we wanted to find something that would complement the work we had already done in student wellbeing and this program has done just that and more! It has been incredible to see staff and students use the language, activities and skills they have learned from the program in everyday situations. We have loved our journey with Grow Your Mind and can't wait to continue with the program!*



Ellen Arvanitis AP Greta Public School

This year we continued to track the impact of our Grow Your Mind program.

## IMPACT RESULTS:

**FOR STUDENTS** since using the Grow Your Mind Program

**76%** knew **MORE** ways to look after their mental health

**83%** knew **MORE** about their brain and it's key areas and functions

**87%** knew **MORE** ways to emotionally regulate

**87%** felt they had a person they could turn to

**94%** are **MORE** aware of the good things and people in their life

**FOR EDUCATORS** since using the Grow Your Mind Program

**96%** felt **MORE** confident to teach students how to look after their mental health

**98%** felt **MORE** confident to teach students how to emotionally regulate

**98%** felt **MORE** confident to teach students how to adopt a benefit mindset and act with kindness

**96%** said their students know **MORE** ways to emotionally regulate

**94%** reported their students have a greater awareness of the good things and people in their life







# CONSENT EDUCATION WORKSHOP WITH LORETO KIRRIBILLI YEAR 5

Consent Education has become a focus for schools around Australia and we were thrilled in June this year to have two of our fabulous workshop presenters Lucy Moore and Annabel Bailey run a bespoke, Consent Education Workshop for 80+ Year 5 girls at Loreto Kirribilli.

This workshop covered age-appropriate consent education including

- understanding the building blocks necessary to be able to consent and ask for permission and exploring the golden rules of consent -

1. Consent is a two-way street
2. Consent can change
3. Consent needs to be communicated
4. Consent needs to be specific
5. Consent should be enthusiastic and freely given

The workshop used the Grow Your Mind music throughout it for brain breaks, to build connections and to further embed the key messaging. This workshop built off the extensive unit of work on Consent that is part of our Grow Your Mind schools program.

If you are interested to know more about consent education for your school book a time to speak to one of our team [here](#).



# THE LAUNCH OF OUR NEW LMS PLATFORM



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## GROW YOUR MIND HAS PARTNERED WITH CANVAS/INSTRUCTURE TO BRING YOU A BRAND NEW PLATFORM

As part of our Boosting Female Founders Grant project we migrated our Grow Your Mind schools program and all our Professional Development courses to this new platform. This partnership with Canvas means you can now:

- search for the content you are looking for, sort everything by year, resource type and curriculum outcome
- see and understand the learning continuum journey in a much clearer way. Our 5 core wellbeing themes have been broken down with differentiated content.

With the creation of a new platform has come Grow Your Mind designing our key wellbeing themes. The Brain, Emotional Regulation, Healthy Friendships, Joy + Gratitude, and Resilience. Teachers are invited to revisit these 5 core themes throughout the year to ensure students have a fundamental understanding of what it takes to maintain positive mental health. Each theme has content broken down for educators and aims to build mental fitness skills in their students.

[TAKE A TOUR WITH ALICE HERE CLICK ON THE IMAGE BELOW](#)





# PROFESSIONAL DEVELOPMENT IN 2023

Thank you @grow your mind.life for an amazing staff wellbeing workshop

FORESTVILLE MONTESSORI SCHOOL

*Well, that was a HIT! Thank you and your team for organising an honest-yet-uplifting and practical session for our staff. We are a tough audience and the feedback has been uniformly positive.*

Jillian Shapiro School Psychologist  
Reddham House

In 2023 we continued to support the professional development of educators around Australia through our suite of courses both self-led and facilitated. These include:

- Teacher wellbeing,
- Staff resilience Course.
- Whole school approach to social, emotional and wellbeing learning in the early years and primary school classroom (NESA accredited)
- Staff culture and communication
- Consent Education
- Advanced Implementation
- Implementing Grow Your Mind,
- Engaging character strength education,
- Using the Grow Your Mind Podcast.
- AND A NEW OFFERING due to the success of the first course- Staff Culture and Communication Part 2

IMPACT RESULTS OF TEACHER WELLBEING COUSE (part of the gold standard of Grow Your Mind alongside the Grow Your Mind schools program)

**88% of attendees felt MORE confident in taking care of their mental health since doing the course**

**87% of attendees committed to dedicate MORE time in doing so**



# PROFESSIONAL DEVELOPMENT IN 2023 CONT...



*Julia was an absolutely amazing presenter! Her presentation was so well organised and I was so grateful to her for making the time to meet with me prior to the session to ensure that it was valuable for our staff in our own context. The session was engaging and practical. All of our staff were buzzing with positivity after it and the talk around the school since has been full of praise for the strategies that we were introduced to. I have no doubt that the connections within our workplace will be raised to a new level. What a wonderful way to begin our Term! Thank you Julia and thank you Grow Your Mind!!!!*

Sharon Rosen Mascot Public School

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Two new courses in 2023 proved incredibly popular and the impact results show why -

IMPACT RESULTS OF OUR STAFF CULTURE & COMMUNICATION COURSE IN 2023:

**94%** of attendees felt MORE confident that they have some skills to contribute building a supportive and respectful culture in your workplace since completing the workshop.

**100%** planned on increasing the amount of time they prioritised HQC (High Quality Connections) with their team mates

**88%** felt MORE confident are their in your ability & skills to have difficult conversations & provide feedback since doing the course.

IMPACT RESULTS OF OUR WHOLE SCHOOL APPROACH TO SEL IN THE EARLY YEARS AND PRIMARY SCHOOL CLASSROOMS IN 2023:

**89%** of attendees felt MORE more confident in teaching SEL and wellbeing since completing the course.

**84%** of attendees rated their understanding of the strategies to support wellbeing and resilience as "in depth", since completing the course compared to 35% prior.

**78%** of attendees rated their understanding of stress for yourself and students as "in depth" since completing the course compared to 31% prior.

# SUPPORTING EARLY CAREER TEACHERS

*I really wanted to say hello yesterday but did not get a chance to catch you. I just wanted to say how much I enjoyed your presentation. It made me feel great this morning and gave me a fresh outlook on school moving forward. I enjoyed the multiple surfing references and could totally relate when you were talking about when you celebrate even the smallest of achievements with students (it reminded me of fellow surfers who don't know each other cheering each other on when they get a wave).*

Billy Five Dock Public School



As we are all aware teacher shortage is a big problem. And teacher stress is a huge factor. More than half of Australian teachers suffer from anxiety and almost one-fifth are depressed. One Australian survey found that 18% of respondents met the criteria for moderate to severe depression and almost 62% for moderate to severe anxiety. 20% had severe anxiety.

So we were thrilled to be of support when we were asked to deliver a keynote at an Early Career Teacher conference. Our very talented Content and Curriculum Manager Julia Delaney stepped up and wowed the crowd with an inspiring presentation on sharing tips and the latest research on how to manage the life of a teacher, including mindset.





# OUR AWARD WINNING



**LISTENED TO IN 140 COUNTRIES &  
NOMINATED FOR BEST WELLBEING PODCAST &  
BEST SPECIALITY PODCAST  
BY THE AUSTRALIAN PODCAST AWARDS**



In 2023 the Grow Your Mind Podcast took things in a different direction and had adults on it for the first time!

This season saw them interviewing experts on topics such as consent and anxiety as well as gaining insights from RUOK Day employees about what to do when a friend is not ok. We also produced delightful bite-sized episodes marking some important days such as Harmony Day, International Non-binary People's Day, World Friendship Day, National Day for Action against Bullying and Violence, World Gratitude Day, Halloween and World Kindness Day. Check them out [here](#).

We continued our collaboration with the talented Moody Makes Music adding to our Grow Your Mind album, which you can listen to [here](#).



**SEASON 5 COMING**

This season will have a strong focus on belonging. Watch this space.



# PROJECT FLOURISH YEAR 3



## SUPPORTING REGIONAL & RURAL PRIMARY SCHOOLS

This year we were able to continue with our Project Flourish initiative, launched in July 2021 with the support of the Gogo Foundation and Woollahra Public School. We watched in awe as a Be of Benefit (BOB) movement began at Woollahra Public who ran a special event to raise money for the initiative and helped us record the below video. Plus an inaugural joy day has begun at the school, see more on our Be of Benefit page.

Click the image below to check out the video.



Project Flourish is about supporting our regional and rural communities, ensuring that their primary schools have access to quality mental health education.

The continuation of this project has been made possible via an auspicing partnership with the GOGO Foundation and very generous donations from philanthropic individuals and foundations.

This year we continued to support **Hillvue Public School (NSW)** and added to our Project Flourish recipients are

**Cobar Public School (NSW)**

**Leeton Public School (NSW)**

**St Gabriels Primary School (SA)**

**Carinya Middle Campus School Gunnedah (NSW)**

**Peak Hill Central School (NSW)**

**Tarro Public School (NSW)**

If you would like to find out more about supporting this initiative  
Please email [kristina@growyourmind.life](mailto:kristina@growyourmind.life).

# A BE OF BENEFIT MOVEMENT

*Benefit mindset is about using our strengths to help others, the community and the planet. Many are familiar with growth mindset, which is fantastic to teach kids that mistakes help us learn and intelligence is not fixed. But there is nothing quite as positive for our mental health as giving back.*



Benefit Mindset is something we teach students as part of our Grow Your Mind schools program and we are always blown away seeing it come to life with the “BOB it up” initiatives students and schools create.

There were a couple this year that we were really moved by.

Firstly St John's Bosco Primary School In SA as part of their BOB it up project, brightened up the day for children in Hospital School SA with special packs they created.

And secondly initiated by the Year 6 leadership team Woollahra Public School put on a Joy day! How magic is that? This was to raise funds for Grow Your Mind's project Flourish Scholarship fund.

What legends these schools and students are.



# REACHING NEW AUDIENCES

## THE WORLD'S BIGGEST SAFETY LESSON

Australia's Biggest Child Safety Lesson (ABC SL) on September 5th, 2023 was live streamed to audiences around Australia, and selected to be a part of this was our very own Consent song Video Clip!!!

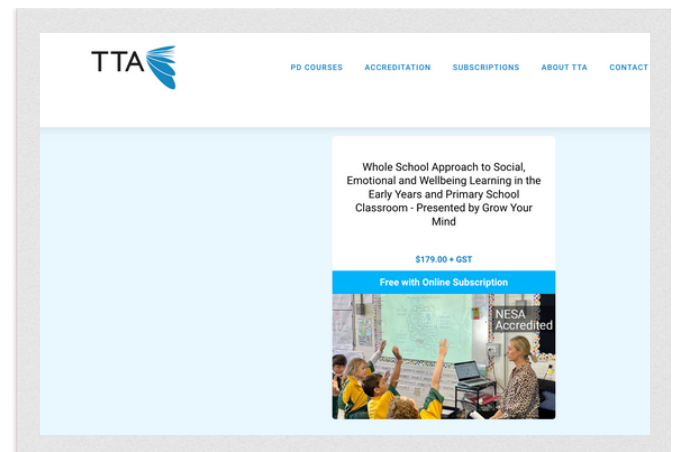
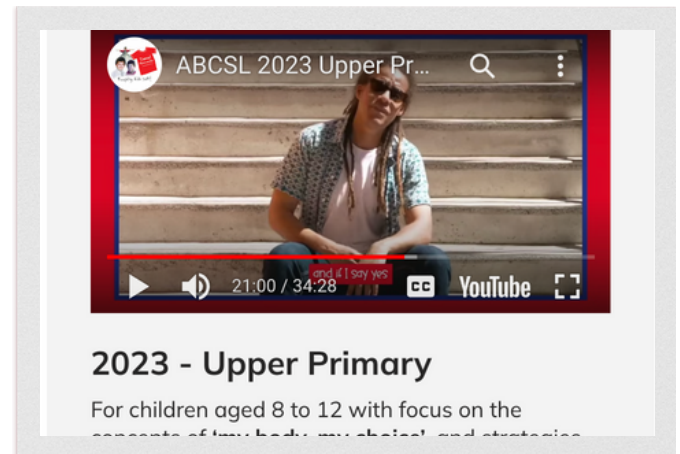
The purpose of the lesson is to bring children across the nation together to learn important safety messages during National Child Protection Week. Lessons focused on consent and the concepts of 'my body, my choice', and provided strategies that children can then use when they need to seek, give or deny consent.

Another platform we partnered with this year was Teacher Training Australia. TTA is Australia's largest independent provider of Professional Development for teachers. In 2023

they hosted our NESA-accredited Whole school approach to social, emotional and wellbeing learning in the early years and primary school classroom, The feedback was impressive, so in 2024 we are looking to expand our content partnership

Excellent course and very relevant for all classrooms. The activities were thought-provoking and relevant to the course. The presenters were fun and engaging.

Anonymous feedback from TTA



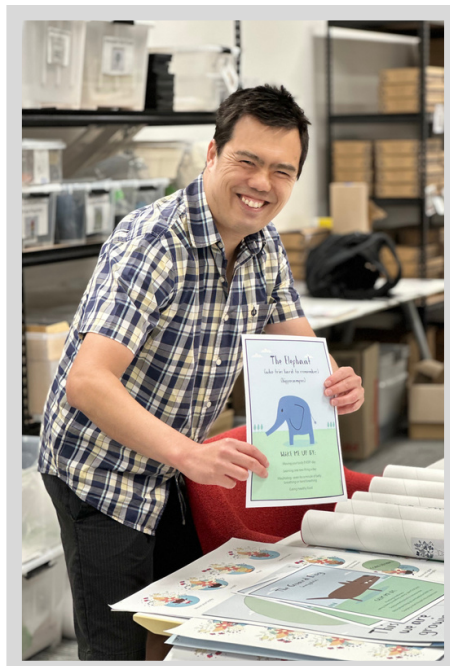


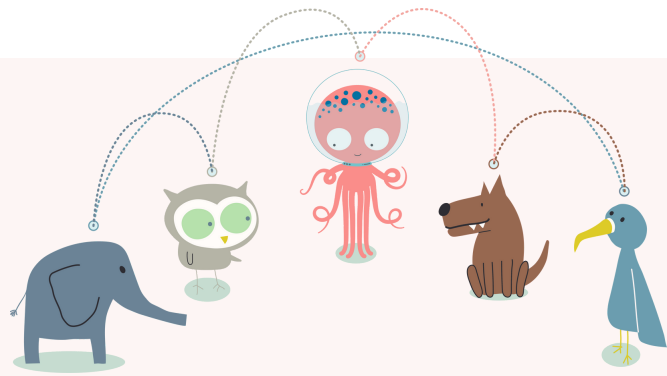


# OUR CONTINUING COMMITMENT TO MEANINGFUL PARTNERSHIPS

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Grow Your Mind has continued to partner with social enterprise, Avenue which runs our warehousing and order fulfilment. Avenue is a co-working space where people of all abilities are supported to work, socialise and develop their individual skills, regardless of their support needs. This is a meaningful partnership for us. We know the importance of connection, belonging & and feeling valued when it comes to enduring good mental health. The Grow Your Mind team is made up of fantastic individuals and we are very grateful for their hard work in helping us get our physical resources out to schools and families across Australia.





# GROWING OUR TEAM

This year saw our team grow.

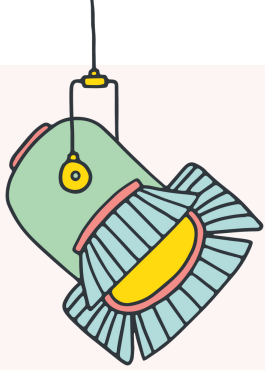
As part of our Boosting Female Founders Grant, we engaged 3 impressive teachers to lead the charge in Grow Your Mind's BDM. Since they began in August this year they have helped grow the school community by 20+ schools.

Due to demand, we have also added to our fabulous team of workshop presenters and now have 8 highly trained, experienced, and passionate teachers supporting us in delivering professional development across Australia.

Keen to know more you can book a call [here](#).







# WHAT IS COMING IN 2024

So many excellent things!

Including a range of Professional Development Workshops, helping teachers to create classrooms and schools where students have a strong sense of belonging as well as reconnecting educators with their spark and the joy of teaching.

We just launched our pre-order for our first PD Package **GROWING KINDNESS AND RESPECT AT SCHOOL**. This package includes 3 x 1-hour self-led courses to support schools in having the confidence to teach

1. Friendships
2. Consent Education
3. Respectful Relationships

We have been approached by a publisher to write a book! It will be a guide to life for 9 to 12-year-olds, inspired by the podcast and bringing together tips and stories to boost feelings of resilience, encourage kindness, and provide more people with a common language for staying mentally healthy.

Season 5 of the podcast will be landing in 2024 with a strong focus on belonging.

We will continue to make the life of a teacher easier by creating easy-to-pick-and-use lesson plans and learning activities, making the most of our new platform.

Thank you to our beautiful community for the incredible support. We hope you have a safe and relaxing holiday!

Much Gratitude from the Grow Your Mind Team

