



SHAKE COUNSELLING

POST-WORKSHOP EVALUATION

Armstrong Creek School

ABOUT SHAKE

Shake Counselling, established in 2021 by Jaxsyn Scholes, is dedicated to empowering adolescents in Geelong through innovative, activity-based therapeutic approaches.

Recognising that traditional therapy methods often fall short in engaging teens, Shake Counselling integrates physical activities such as sports and exercise with evidence-based techniques like Dialectical Behaviour Therapy (DBT) and Acceptance and Commitment Therapy (ACT).

This unique combination creates a safe and supportive environment where teens can develop essential life skills, build resilience, and enhance emotional well-being.



WORKSHOP OVERVIEW

The Shake Counselling school workshop provides students with an engaging approach to building resilience, self-awareness, and social skills. Through innovative methods like body-based movement and evidence-based therapeutic techniques, Shake Counselling equips young people with practical tools to manage emotions and enhance well-being.

This evaluation highlights the measurable impact observed in students' self-care, emotional expression, gratitude, resilience, and openness to professional support, demonstrating the workshop's effectiveness in developing essential life skills.

Aligned with school goals of fostering mental and emotional health, Shake Counselling's workshops empower students to face life's challenges with confidence and empathy. We invite you to explore how Shake Counselling can support your students' journey to a healthier, more balanced well-being.



FOCUS AREAS

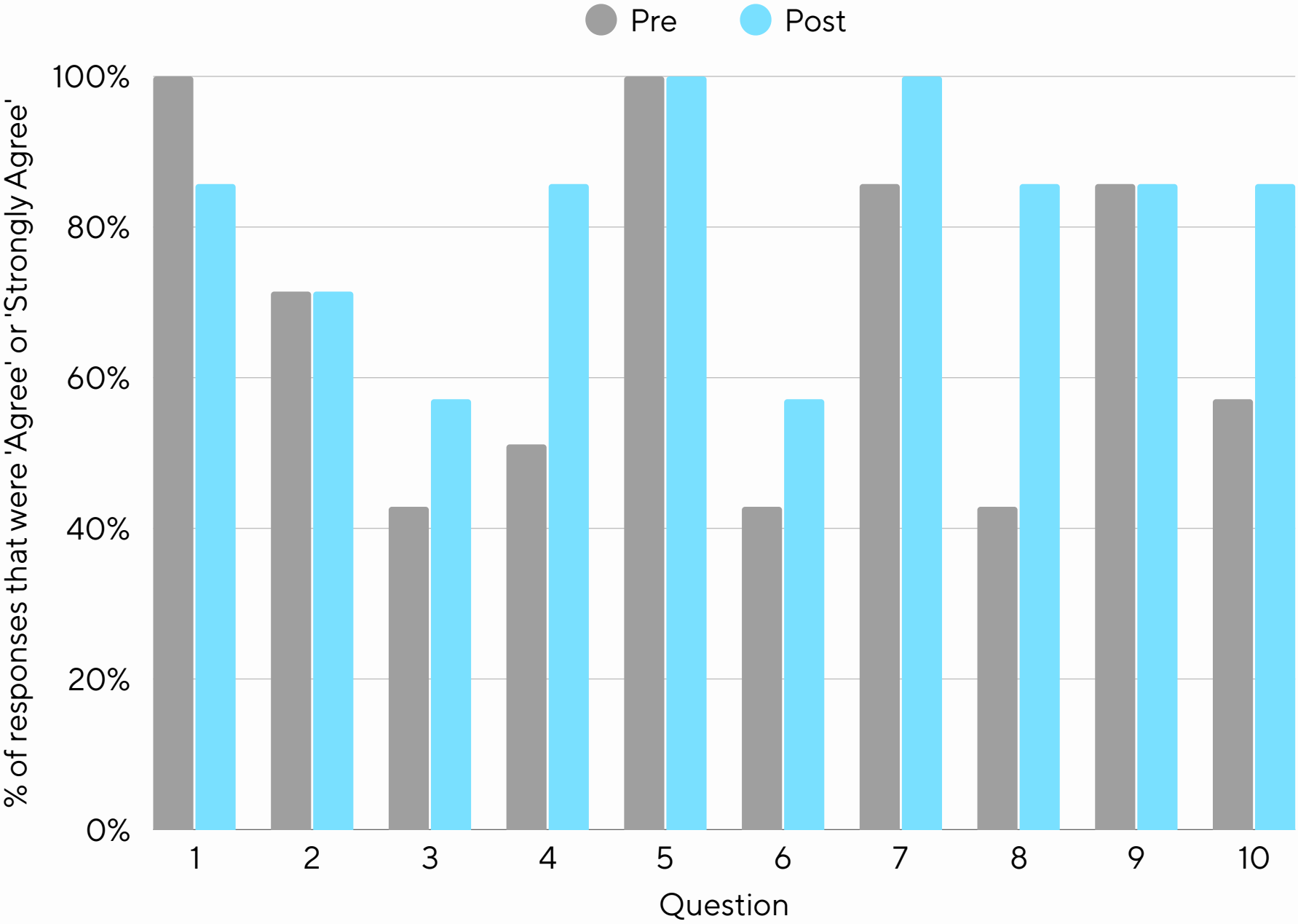
Over the 8-week program, students engaged with 10 key skill areas designed to support emotional wellbeing, communication, and personal growth.

- Self-Care Strategies
- Emotional Management Skills
- Confidence in Emotional Expression
- Understanding Gratitude
- Practicing Gratitude
- Confidence in Supporting Others
- Understanding and Living by Personal Values
- Resilience
- Overall Wellbeing
- Confidence in Seeking Support and Supportive Conversations



AT A GLANCE

Student responses were collected before and after the 8-week program to measure growth across 10 key skill areas. The data shows clear improvements in emotional wellbeing, confidence, and support-seeking behaviours.



KEY INSIGHTS

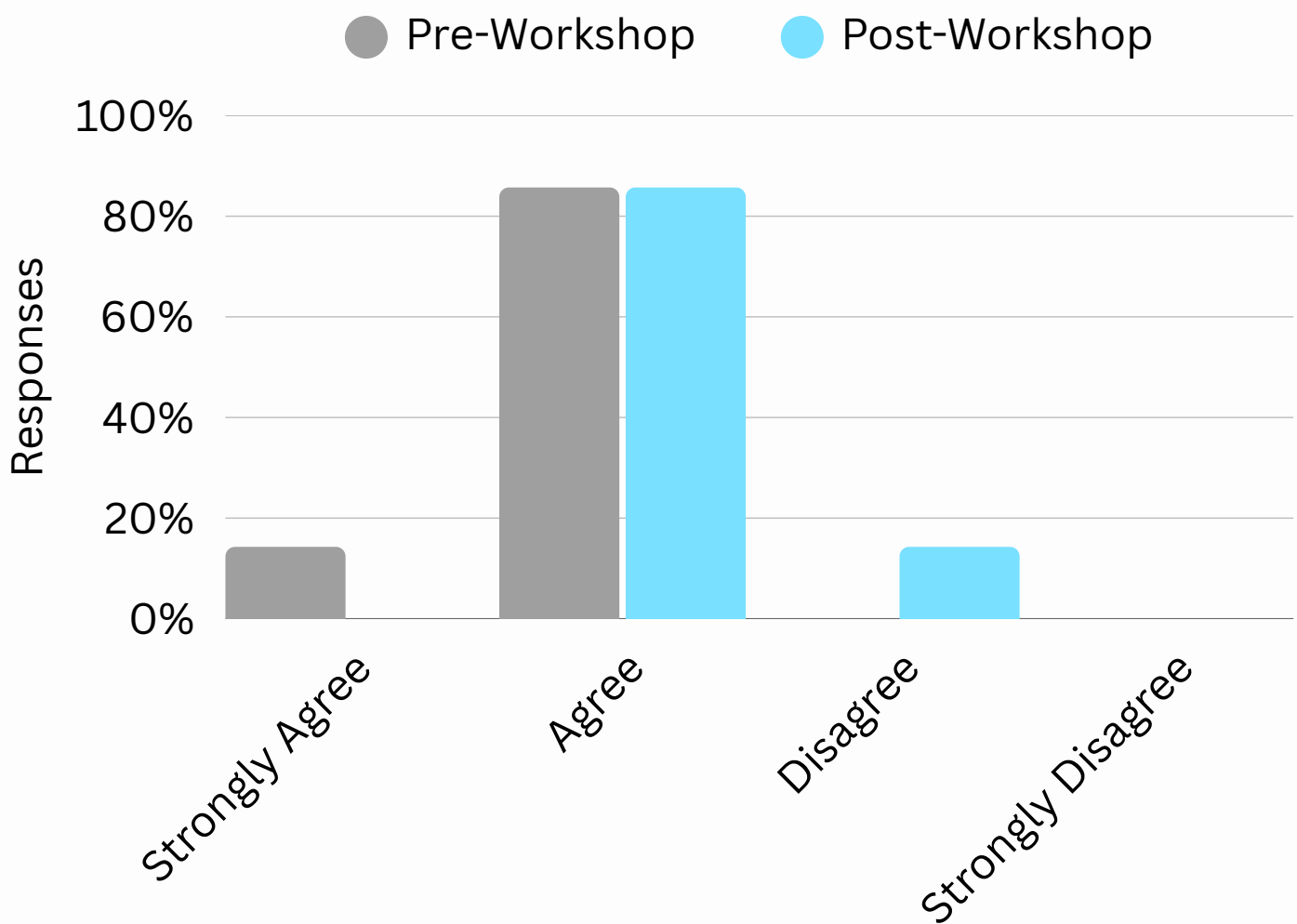
Data analysis for pre- and post-survey responses show either a marked improvement or consistency in the level of positive responses (strongly agree or agree)

- **Significant improvement** across **6 out of 10** focus areas after the 8-week workshop.
- **9 out of 10** focus areas revealed a **strong overall confidence** in skills and understanding
- **Top areas** of improvement:
 - Understanding Gratitude
 - Displaying Resilience
 - Confidence in Seeking Support and Supportive Conversations
- Results indicate the workshop was **effective in fostering positive mental health awareness and habits** among youth.





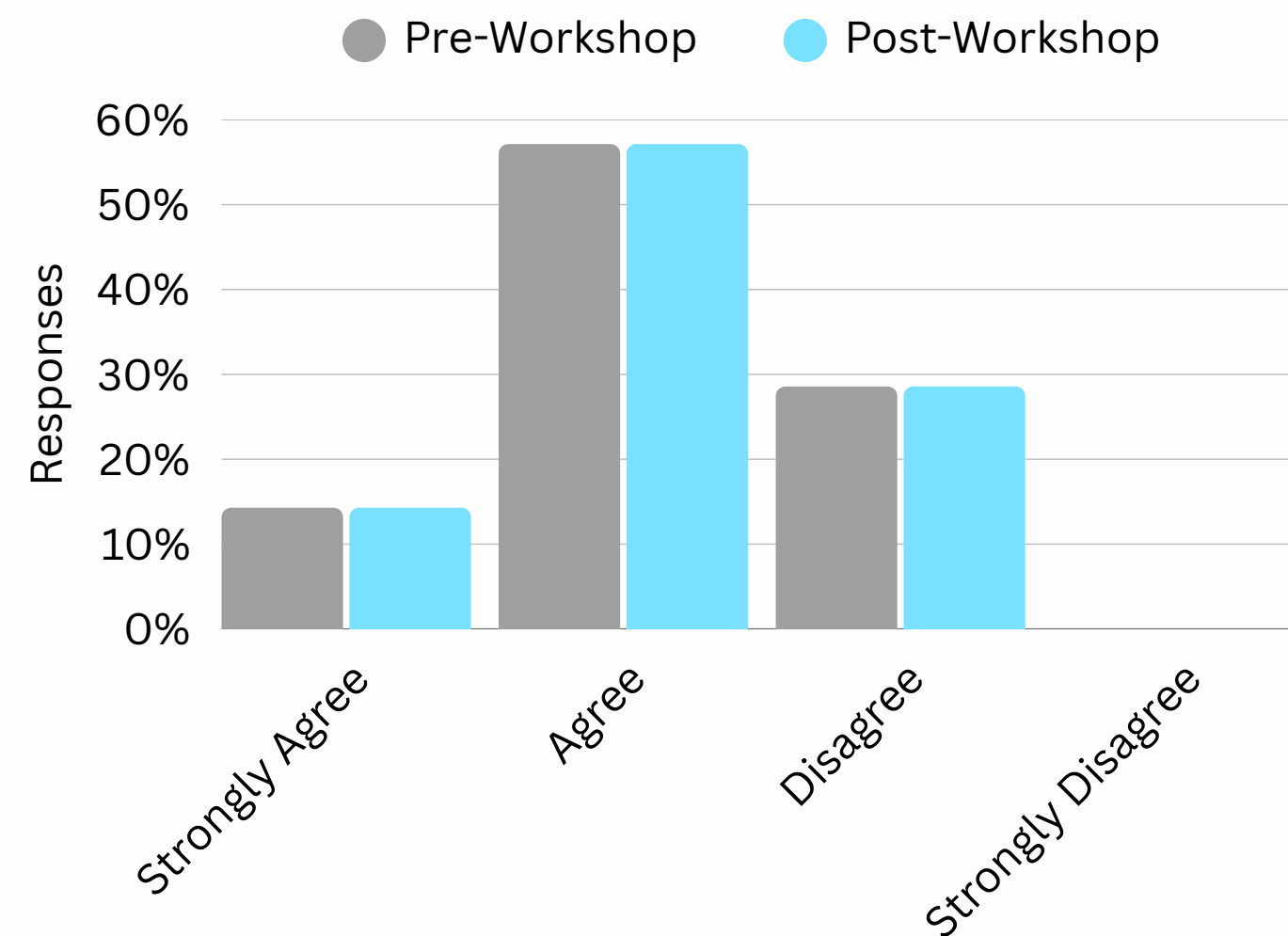
Understanding Self-Care



Q1: I know my own 'Self Care' strategies

Despite a small overall decrease in the confidence of students who agreed with knowing their self-care strategies, the majority of students continued to report a clear understanding of self-care. This suggests that the concept was generally well understood and future sessions may benefit from placing additional emphasis on helping students confidently identify and apply their personal self-care practices.

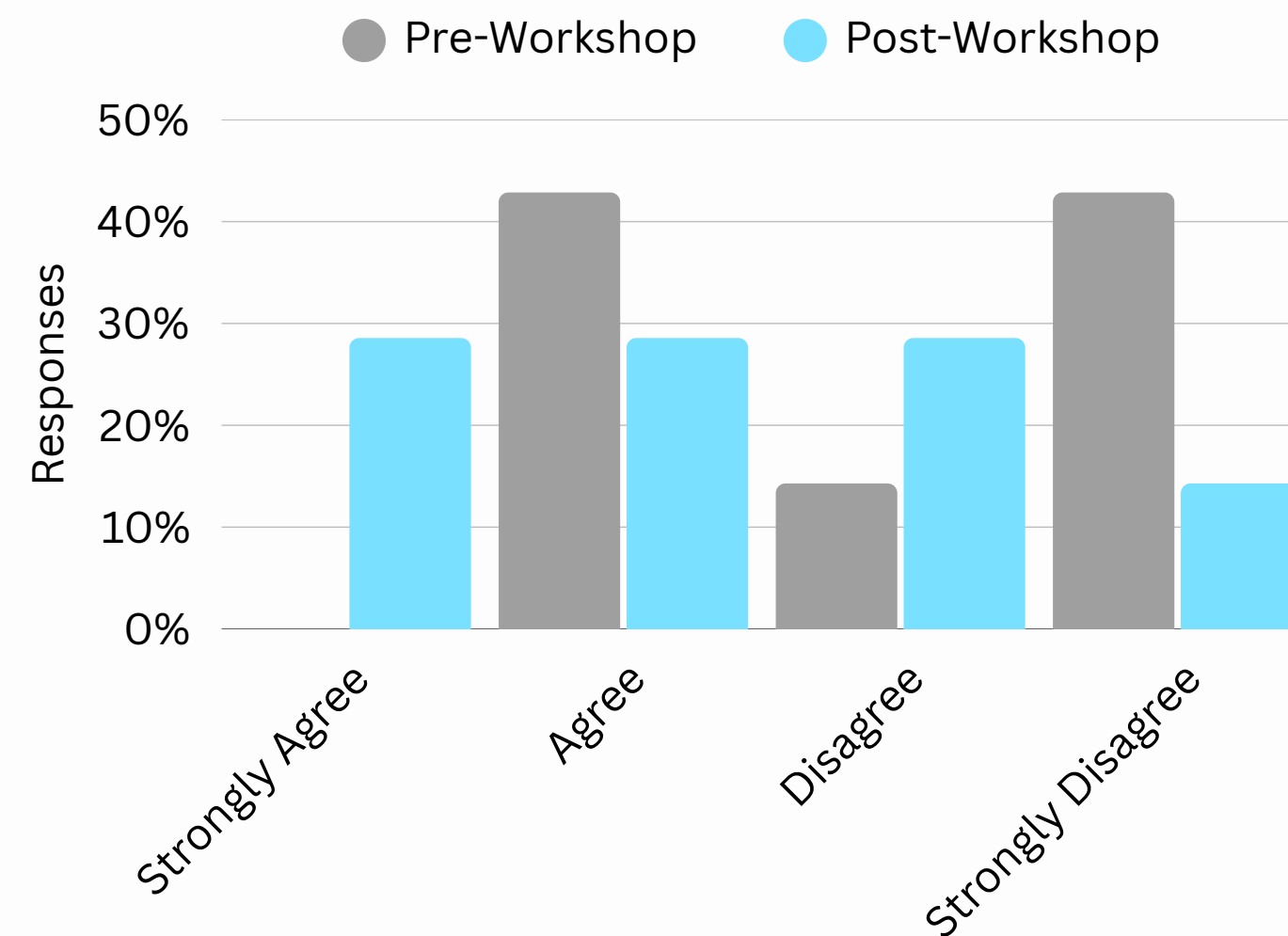
Building Emotional Management Skills



Q2: I have skills to manage my own unhelpful emotions such as anger, anxiety, and sadness

Students showed a consistent level of confidence in their ability to manage difficult emotions. This suggests a steady understanding of emotional regulation, with the workshop reinforcing these important skills.

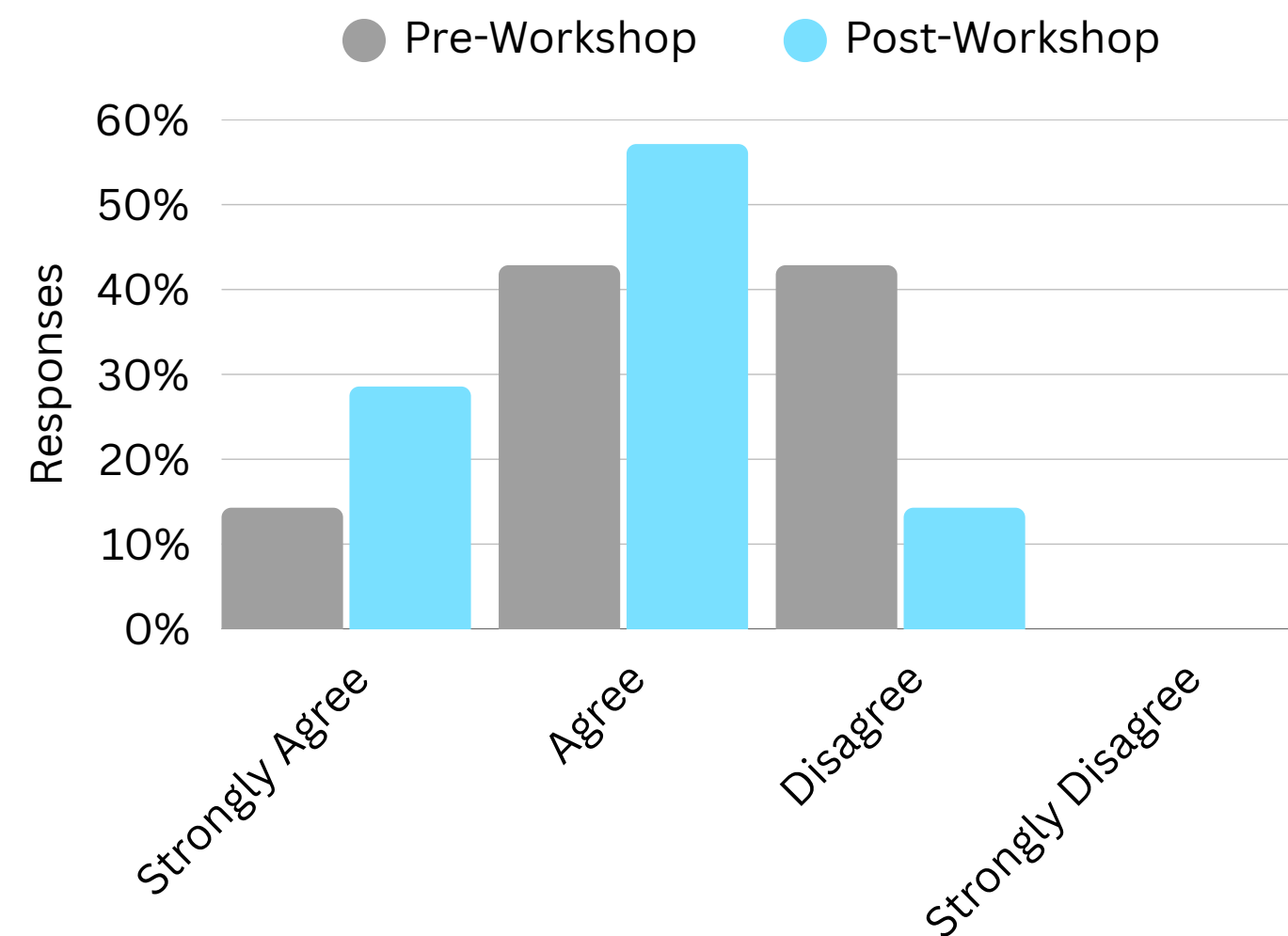
Building Confidence in Emotional Expression



Q3: I am confident talking about my emotions in front of others (family, friends, support people)

Overall, students showed signs of growing confidence in expressing their emotions with others. This reflects progress in building emotional literacy and communication – key components of emotional wellbeing and connection.

Building Awareness of Gratitude

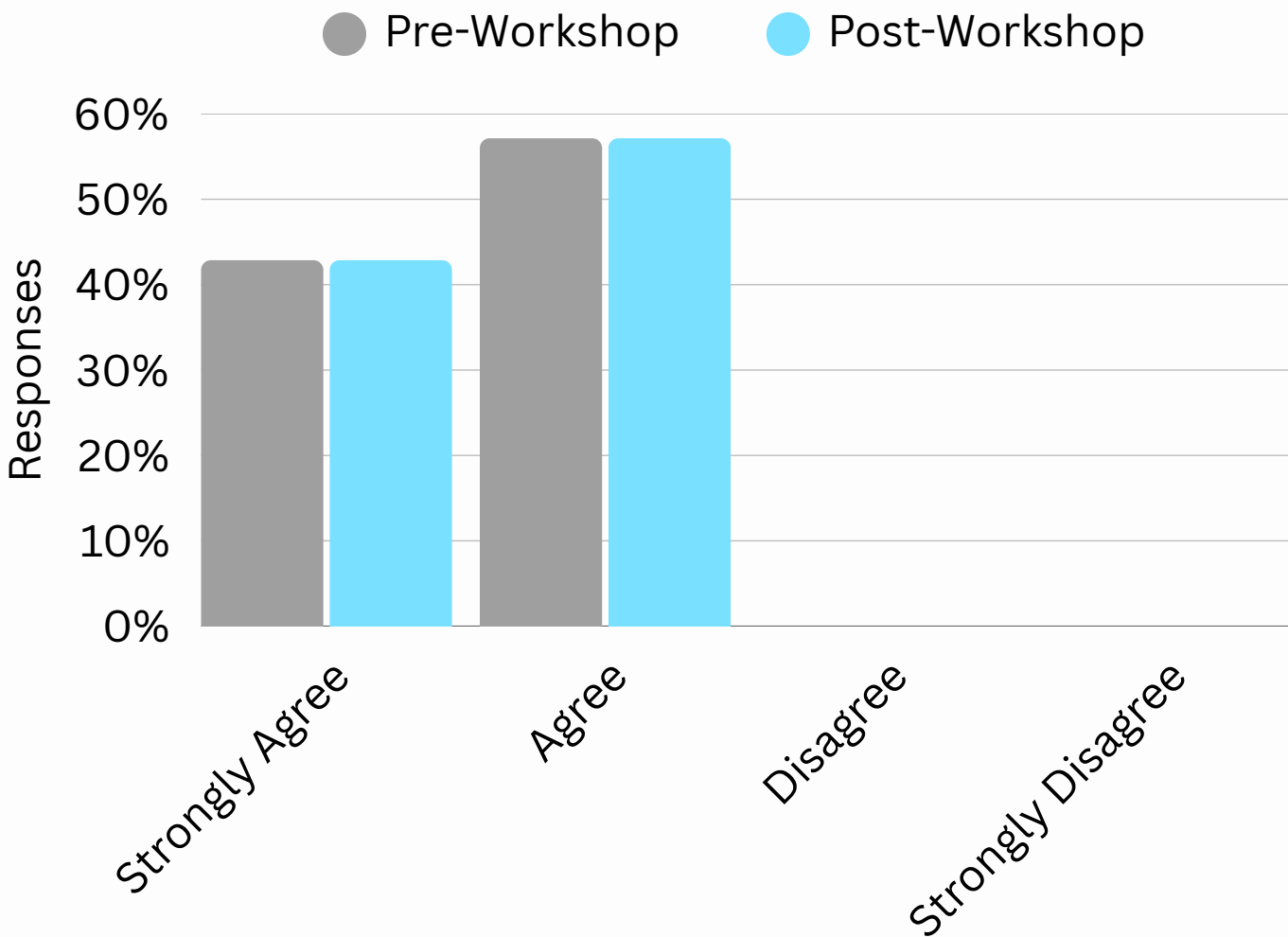


Q4: I know what the term 'Gratitude' means

There was a clear overall improvement in students' understanding of the concept of gratitude. This suggests the program effectively increased awareness of the value of recognising and appreciating positive aspects of life.



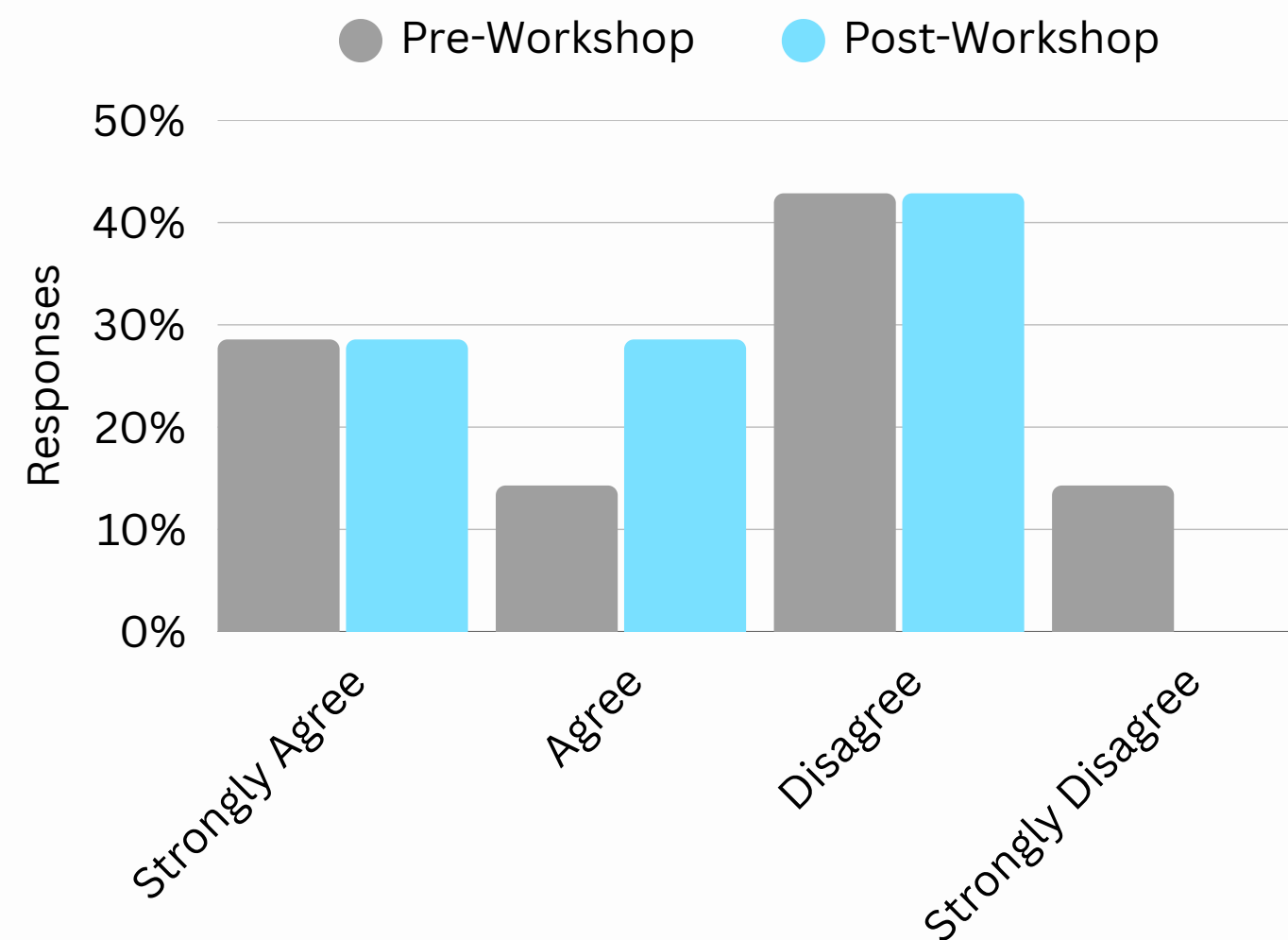
Practicing Gratitude



Q5: I am grateful for the people and things I have in my life

Students consistently expressed a strong sense of gratitude throughout the program. This suggests a positive and appreciative mindset was present and reinforced, supporting emotional wellbeing and resilience.

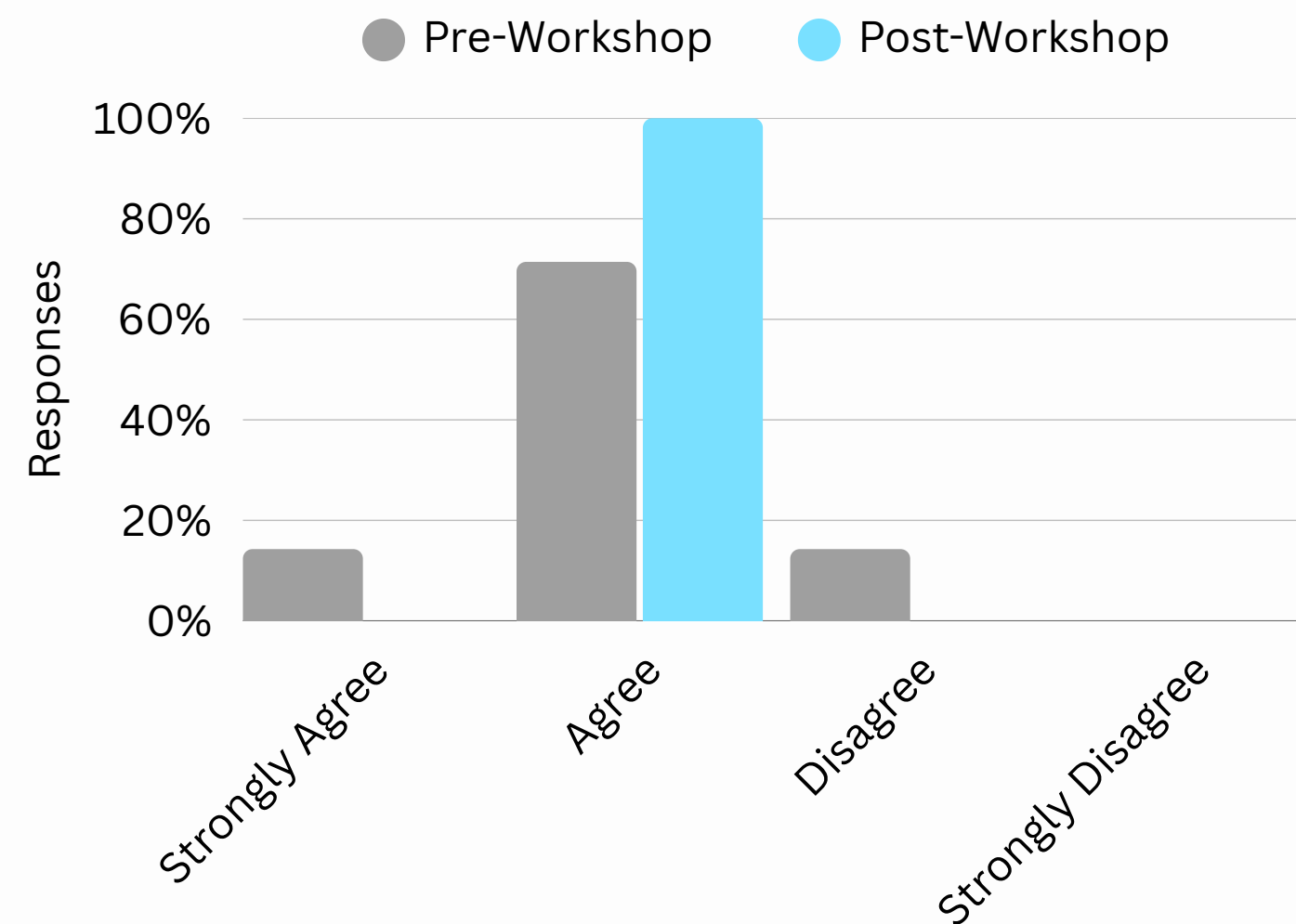
Building Skills for Supportive Conversations



Q6: I am confident in starting a conversation with a friend or family member who may be going through a mental health challenge

Overall responses showed a positive shift in student confidence when it comes to supporting others with mental health challenges. This suggests the program helped students feel more prepared to engage in caring and constructive conversations with those around them.

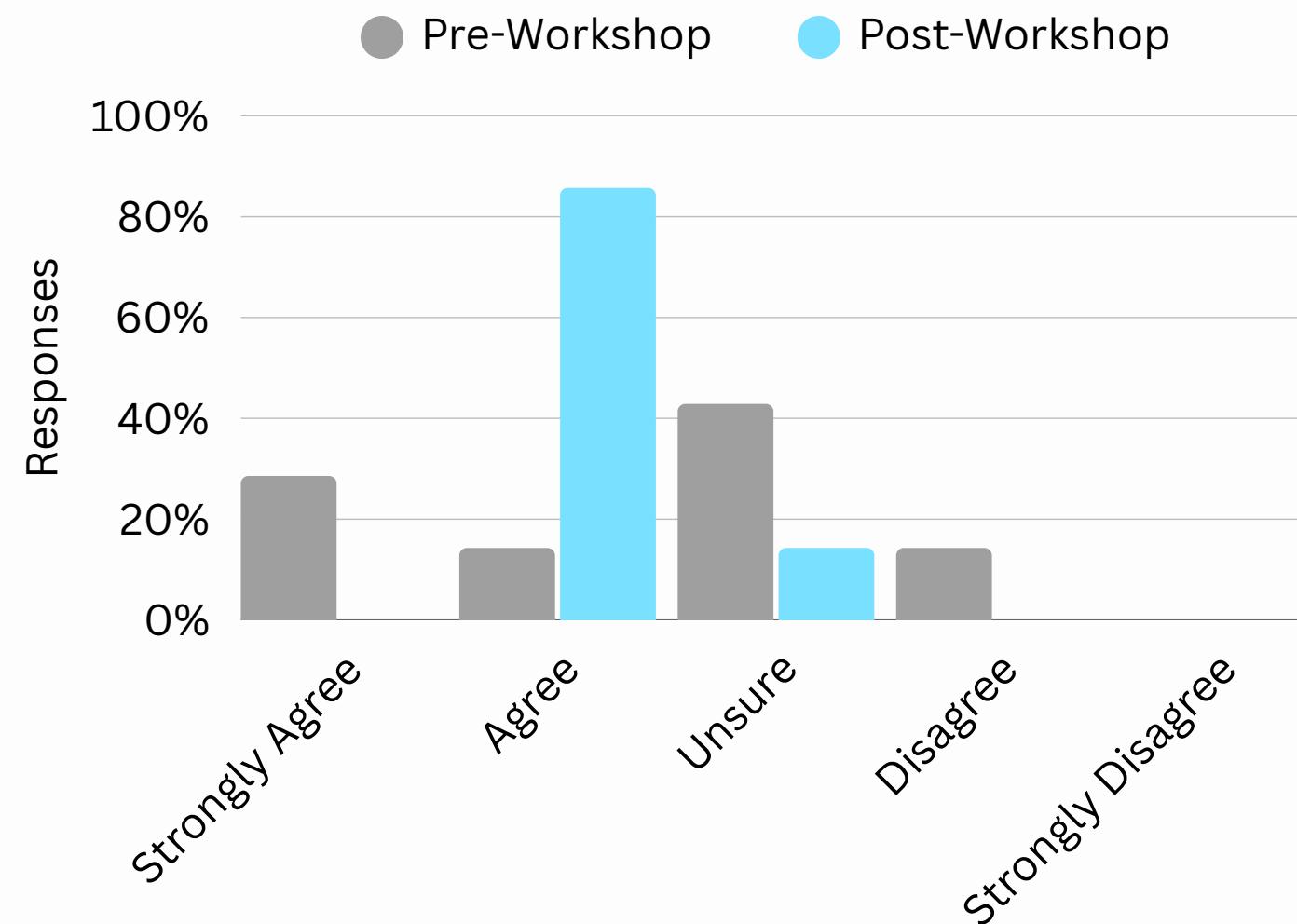
Developing a Sense of Personal Values



Q7: I know what the term 'Values' means and how to live by my values

There was a noticeable positive shift in students' understanding of personal values. The workshop helped solidify their knowledge and ability to connect with and live by their values, leading to a stronger sense of personal clarity and direction.

Building Resilience

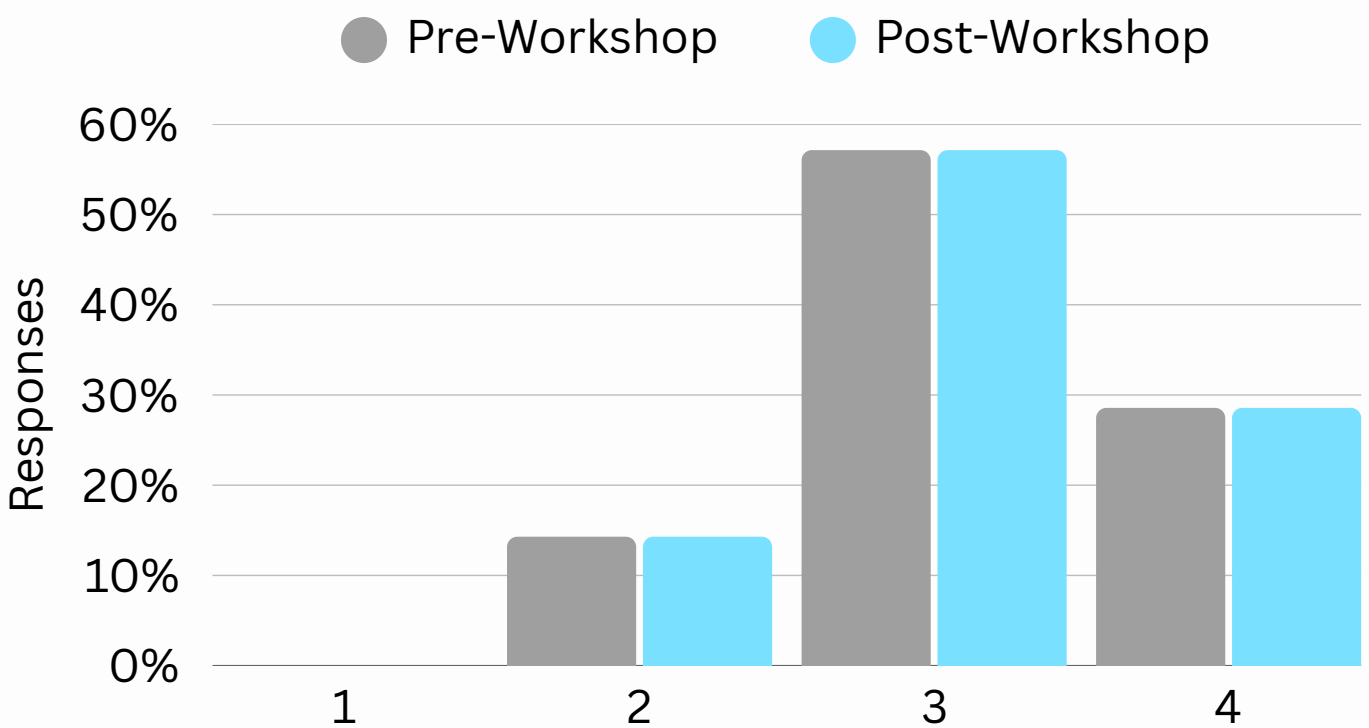


Q8: I have shown 'Resilience' in the past week

Responses indicated a positive shift in students' perceptions of their own resilience. The workshop appears to have helped students better recognise and reflect on their ability to bounce back from challenges, fostering greater confidence in their personal resilience.



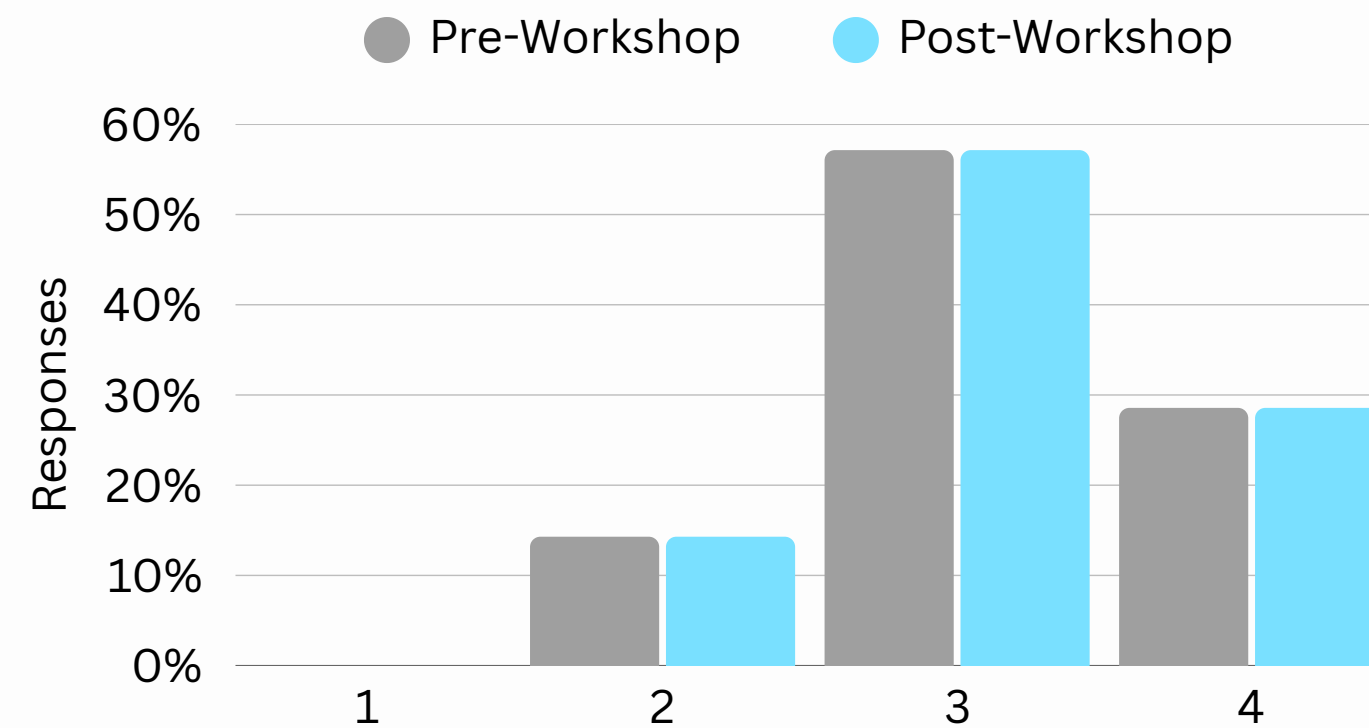
Rating Overall Wellbeing



Q9: Can you rate your overall wellbeing (mentally, physically, socially) on a scale of 1-4 (1 being the worst and 4 being the best)

The ratings for overall wellbeing remained consistent throughout the program, reflecting stable perceptions of mental, physical, and social wellbeing among students.

Increasing Comfort in Seeking Professional Support



Q10: I would feel comfortable talking to a professional (e.g. GP, Counsellor) about my emotions

There was a consistent response to the level of comfort regarding talking to a professional about their emotions demonstrating students' openness and confidence in seeking professional support when needed.

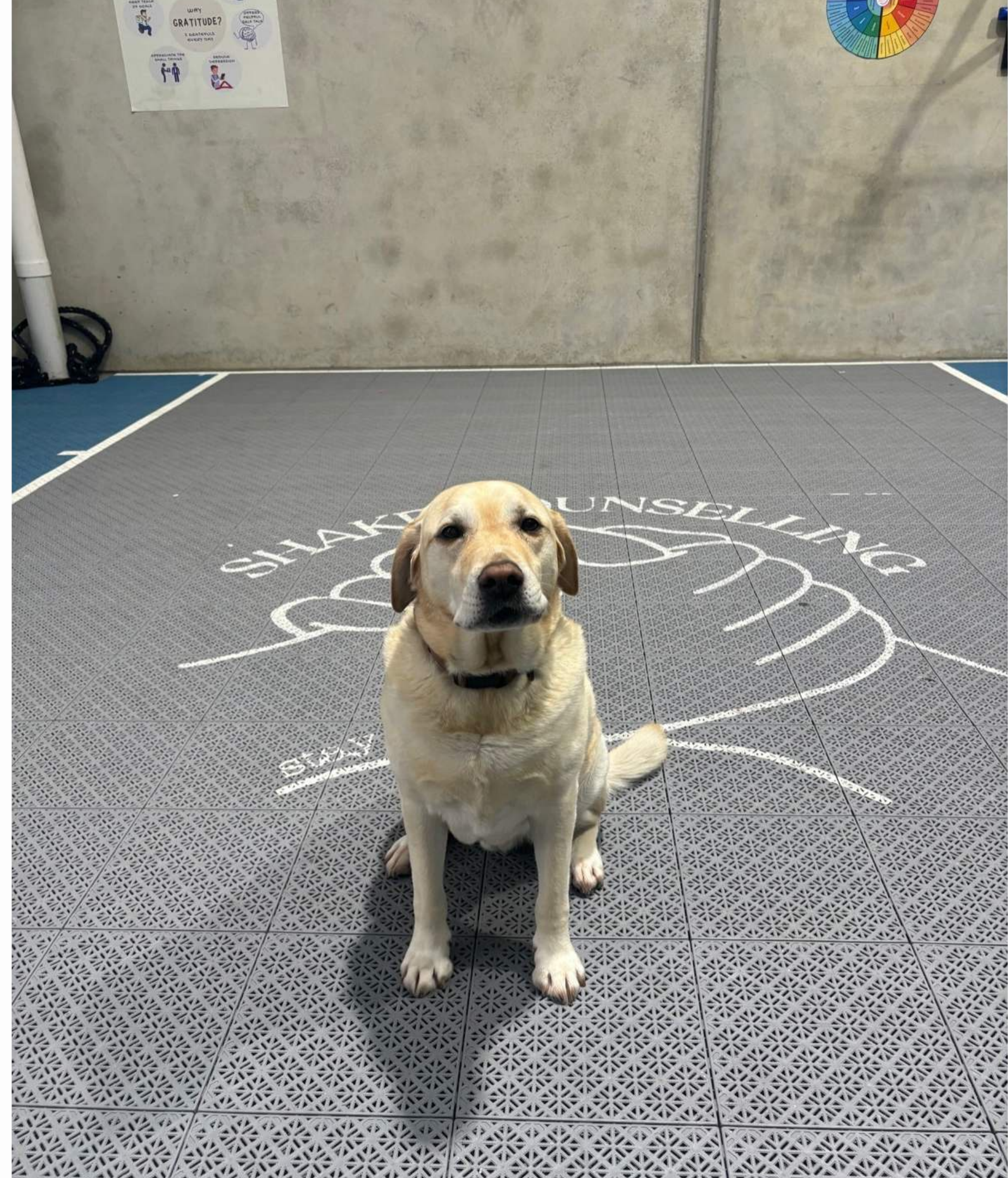
CONCLUSION

Shake Counselling's workshops have made a meaningful and lasting impact on students' resilience, self-awareness, and emotional skills. By combining innovative, activity-based therapeutic approaches with evidence-based practices, Shake Counselling empowers young people with practical tools to navigate challenges and build healthy emotional habits.

The evaluation data highlights the program's effectiveness—from improved confidence of emotional expression to increased comfort with seeking professional support.

These results underscore the value of integrating emotional and mental health education within schools, equipping students to face challenges with confidence and resilience.

We invite schools across Geelong to join us in expanding the reach of these workshops, bringing positive change to more students. Contact us today to learn how Shake Counselling can support your students' journey to a healthier, more balanced future.





THANK YOU