



SHAKE COUNSELLING

PRE & POST WORKSHOP EVALUATION

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.



EXECUTIVE SUMMARY

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.



Understanding Self-Care: Growth in Awareness

An essential part of our workshop is helping students understand what self-care means to them personally.

The data collected before and after the workshop shows that a significant portion of students already had a strong awareness of self-care concepts.

While their responses remained consistent, this reflects a sustained level of understanding that can support them in making mindful, healthy choices in their daily lives.



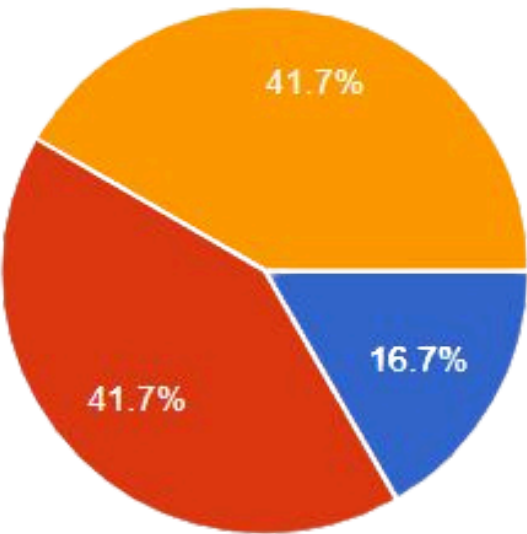
Building Emotional Management Skills

One of the key goals of the Shake Counselling workshop is to equip students with practical skills to manage challenging emotions, such as anger, anxiety, and sadness. Through evidence-based therapeutic techniques, the workshop empowers students to better understand and regulate their emotional responses.

The pre- and post-workshop data show a positive shift in students' confidence, with an increase in those who agree they have the skills to handle unhelpful emotions and a reduction in those who disagree.

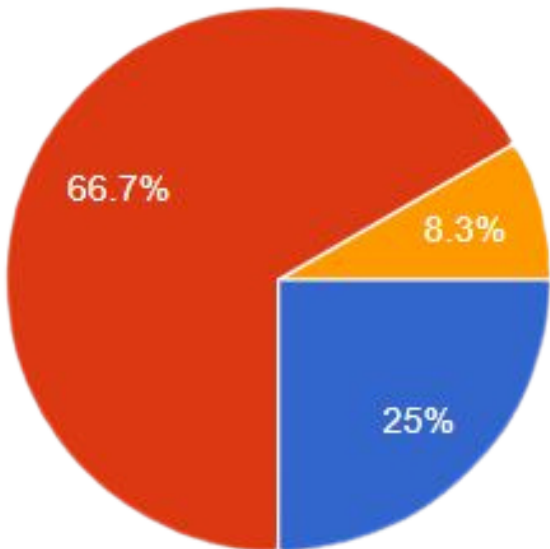
2. I have skills to manage my own unhelpful emotions such as anger, anxiety, and sadness

PRE



- Strongly agree
- Agree
- Disagree
- Strongly disagree

POST



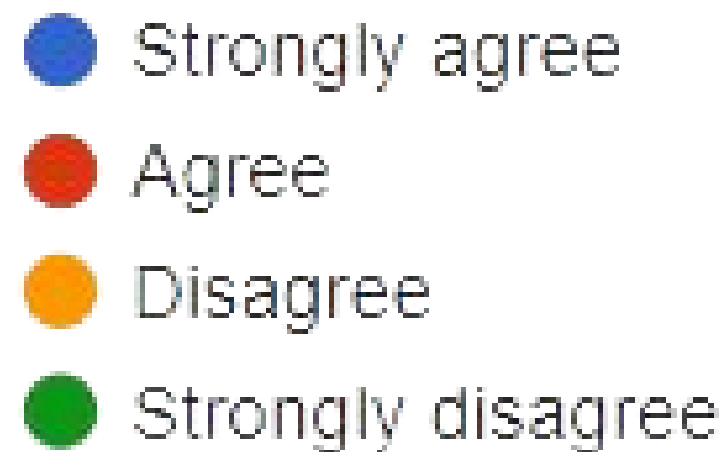
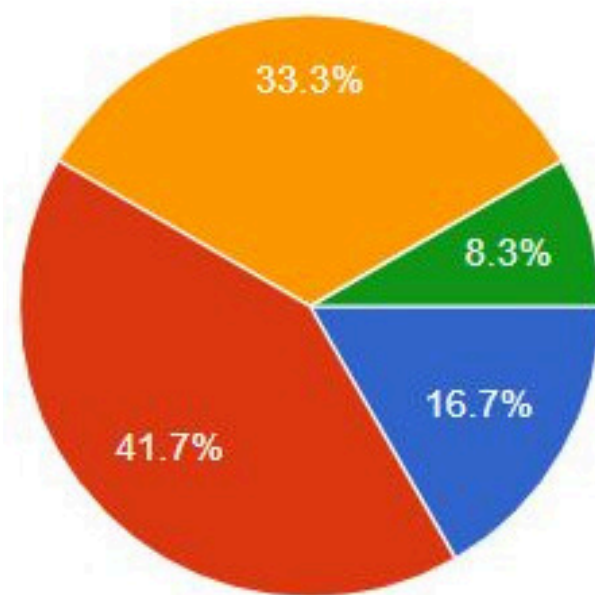
Building Confidence in Emotional Expression

One of the objectives of the Shake Counselling workshop is to help students feel more comfortable expressing their emotions in front of others, such as family, friends, and support people. By fostering a safe and supportive environment, the workshop encourages open discussions and helps students develop the confidence to share their feelings.

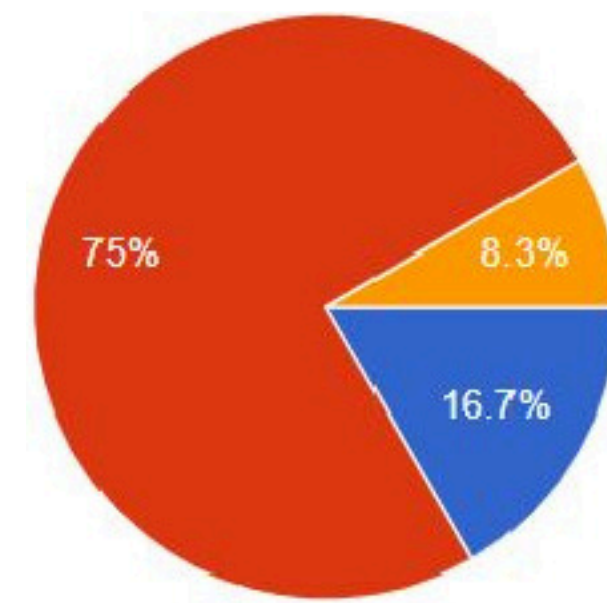
The pre- and post-workshop data show a positive shift in students' confidence levels, with a notable increase in those who agree they feel comfortable talking about their emotions and a reduction in those who disagree.

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

PRE



POST



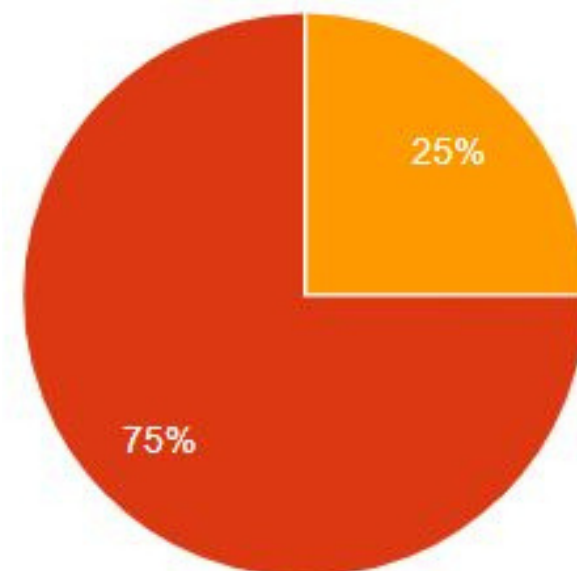
Building Awareness of Gratitude

An important focus of the Shake Counselling workshop is helping students understand the concept of gratitude and its positive impact on well-being. By learning about gratitude, students become more aware of the importance of appreciating the people and things they have in their lives, fostering a positive mindset.

The pre- and post-workshop data indicate a growth in students' understanding of gratitude, with a noticeable increase in those who agree or strongly agree that they know what gratitude means.

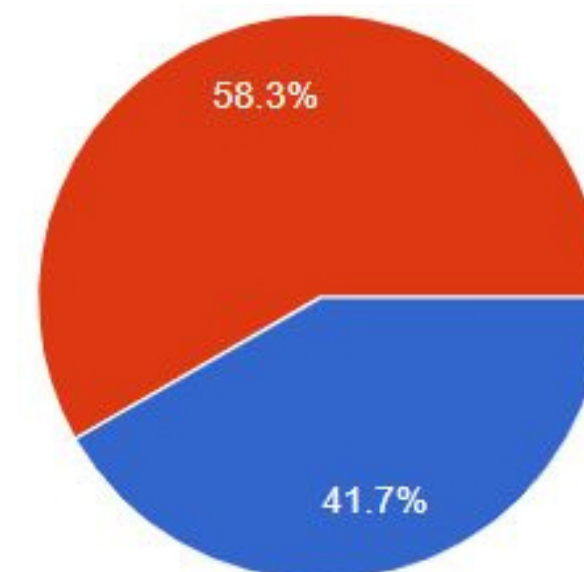
4. I know what gratitude means

PRE



- Strongly agree
- Agree
- Disagree
- Strongly disagree

POST



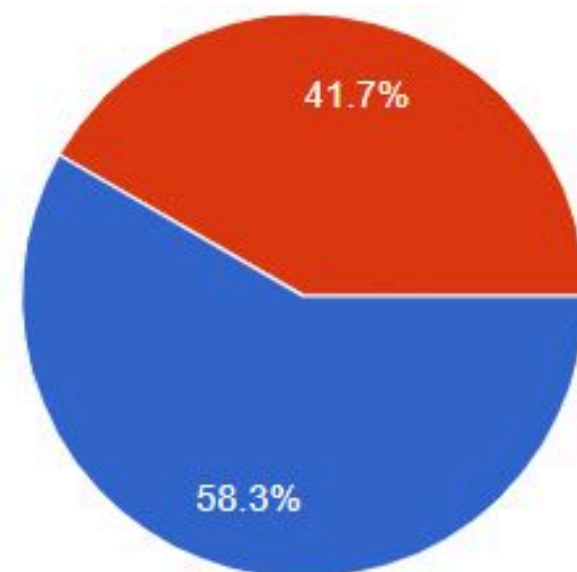
Building a Sense of Gratitude

The Shake Counselling workshop also focuses on fostering gratitude, helping students appreciate the people and things in their lives. By cultivating this sense of gratitude, students are encouraged to develop a positive outlook and recognise the value of their support systems and resources.

The pre- and post-workshop data indicate a marked improvement, with all students reporting they feel grateful for the people and things in their lives after completing the workshop.

5. I am grateful for the people and things I have in my life

PRE



- Strongly agree
- Agree
- Disagree
- Strongly disagree

POST



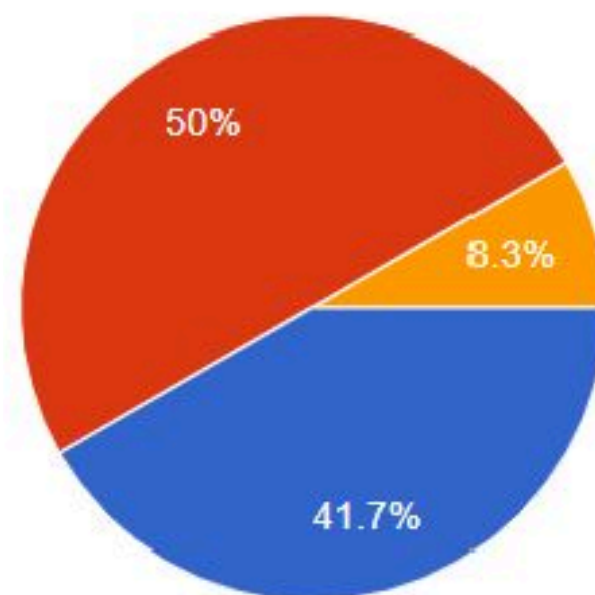
Building Skills for Supportive Conversations

The Shake Counselling workshop also aims to equip students with the skills to support friends or family members who may be going through a difficult time. By teaching students how to approach sensitive conversations, the workshop fosters empathy and encourages proactive support within their social circles.

The pre- and post-workshop data show an improvement in students' confidence in starting these conversations, with an increase in those who agree they know how to support others effectively.

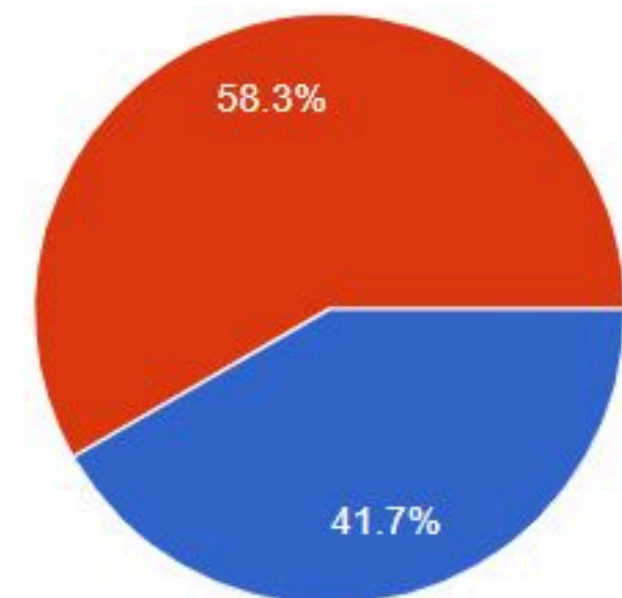
6. I know how to start a conversation with a friend or family member who may be going through a difficult time

PRE



- Strongly agree
- Agree
- Disagree
- Strongly disagree

POST



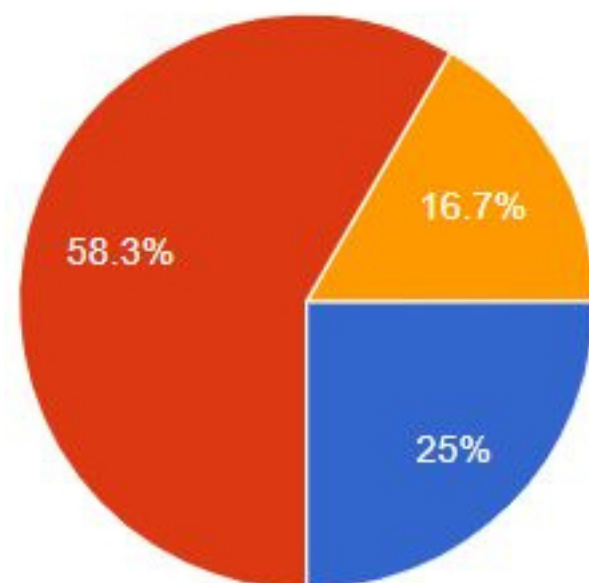
Developing a Sense of Personal Values

A core component of the Shake Counselling workshop is helping students identify their personal values and understand the kind of person they want to be in life. By exploring values, students gain clarity about their own goals and the qualities they wish to embody, fostering self-awareness and personal growth.

The pre- and post-workshop data indicate progress in students' understanding of their personal values, with an increase in those who feel confident in identifying the values that guide them.

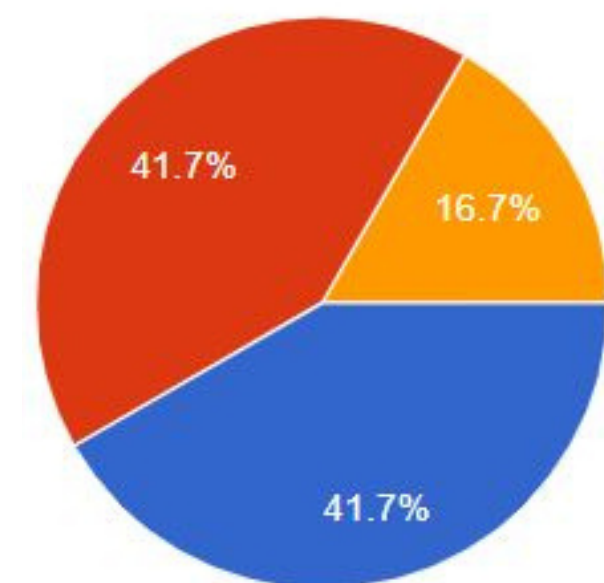
7. I know what my personal values are (the person I want to be in life)

PRE



- Strongly agree
- Agree
- Disagree
- Strongly disagree

POST



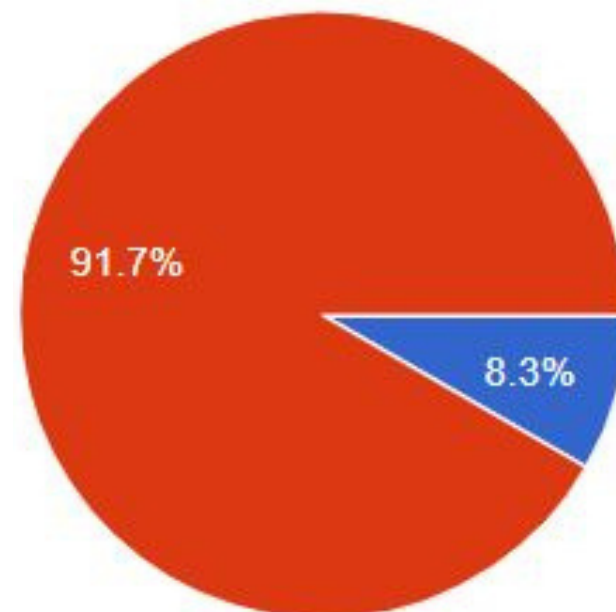
Building Resilience

The Shake Counselling workshop encourages students to recognize and build resilience, helping them understand their ability to handle challenges and recover from setbacks. By fostering resilience, the workshop empowers students to face difficulties with a positive mindset and a willingness to persevere.

The pre- and post-workshop data reveal an increase in students' self-reported resilience, with more students recording they strongly agree. We also saw an increase in disagree - which indicates greater understanding and awareness of what resilience means.

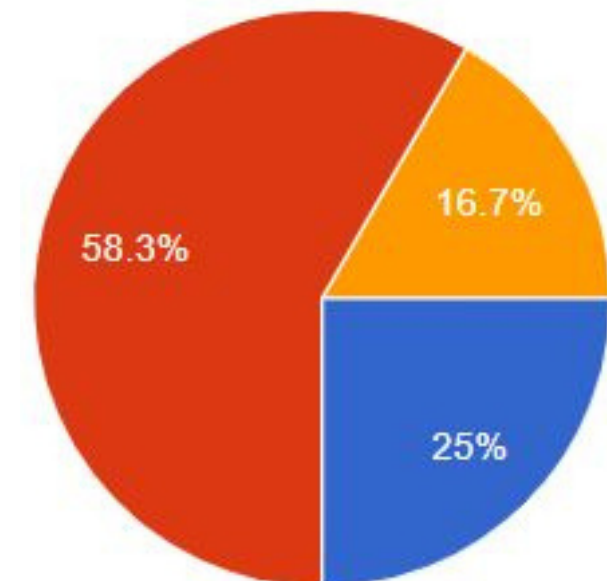
8. I have shown resilience in the past week

PRE



- Strongly agree
- Agree
- Disagree
- Strongly disagree

POST



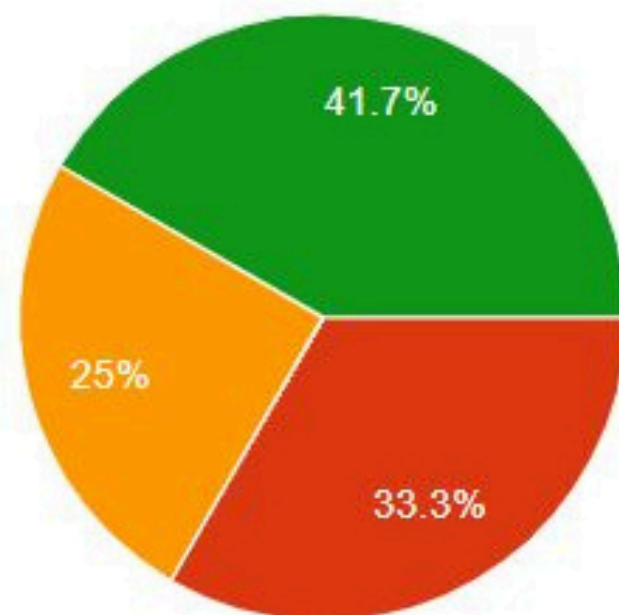
Rating Overall Well-Being

As part of the Shake Counselling workshop, students were asked to assess their overall well-being—mentally, physically, and socially—on a scale of 1 to 4, with 1 being the lowest and 4 being the highest. This self-assessment provided insight into students' perceptions of their well-being before and after the workshop.

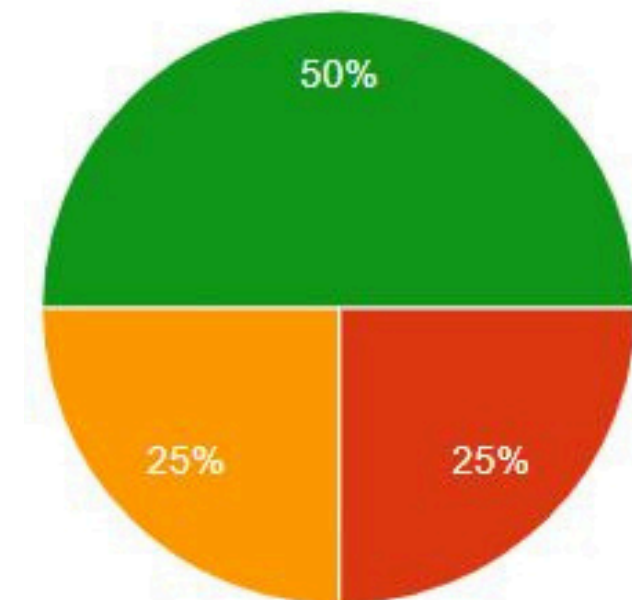
The data shows a positive shift in well-being scores, with an increase in students rating their overall well-being at higher levels post-workshop. This suggests that the workshop had a meaningful impact on students' perception of their mental, physical, and social health.

9. Can you rate your overall well being (mentally, physically, socially) on a scale of 1-4 (1 being the worst and 4 being the best)

PRE



POST



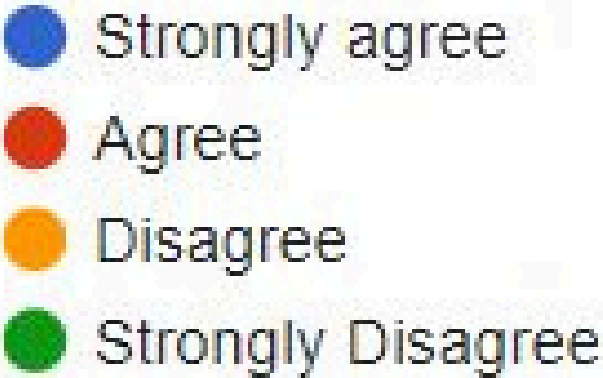
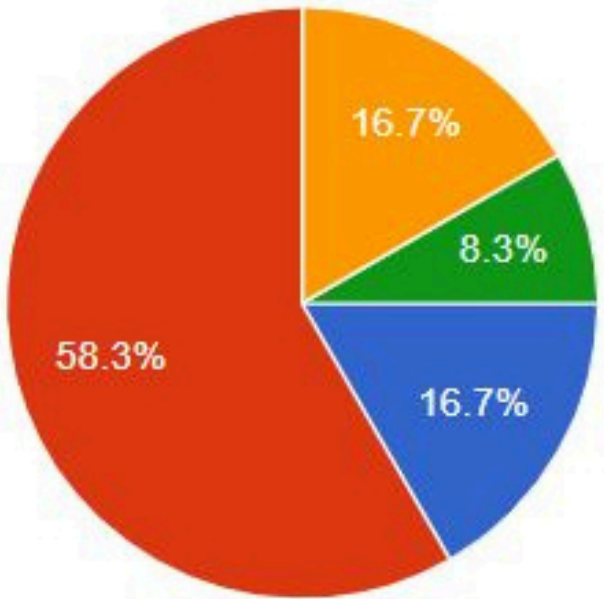
Increasing Comfort in Seeking Professional Support

The Shake Counselling workshop encourages students to feel more comfortable seeking professional support for their emotional well-being. By normalizing conversations about mental health and providing insights into the benefits of professional support, the workshop aims to reduce any stigma or discomfort students may feel about reaching out to mental health professionals.

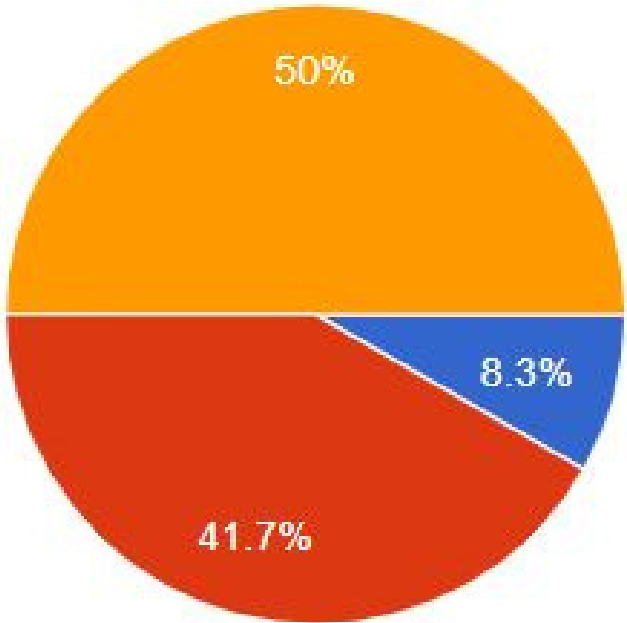
The pre- and post-workshop data reveal an increase in students' comfort levels with talking to a professional about their emotions, with fewer students reporting discomfort in seeking support after the workshop.

10. I would feel comfortable talking to a professional (eg: counsellor, MHP, GP) about my emotions.

PRE



POST



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 understanding of self-care 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

