



R2R TRAINING WORKSHOP THEMES

*THE FOLLOWING THEMES CAN BE
INCORPORATED INTO A R2R WORKSHOP*

Major Themes

- Emotional Regulation
- Motor Coordination
- Grounding
- Healthy relationships
- Communication
- Connection & Belonging
- Bullying
- Self-care
- Teamwork
- Values
- Fear

1. Social and Emotional Learning

- Core Values
- Awareness of self & others
- Thoughts & Feelings
- Smart choices
- Emotional Control
- Tolerance & Understanding
- Positive Relationships
- Care and Empathy
- Giving back
- Managing adversity

2. Identity & Culture

- Me, myself & I
- Family
- Friends
- Community
- Diversity
- Culture
- Country
- Survival
- Growth
- Responsibility

3. Strengths & Virtues

- Honesty
- Courage
- Perseverance
- Kindness
- Teamwork
- Fairness
- Forgiveness
- Humour
- Humility
- Gratitude

4. Health & Wellbeing

- Balance
- Relationships
- Drugs & Alcohol
- Grief
- Healing
- Hope
- Belonging
- Acceptance
- Love
- Death

5. Families, Teams and Communities

- Communication
- Leadership & roles
- Power dynamics & discipline
- Values
- Creativity
- Change
- Motivation
- Belonging
- Partnership
- Vision