

Warrior in Me



Warrior in Me is a program that is based on the virtues of a warrior. It incorporates creating a martial arts environment of respect, loyalty, diligence and honour through facilitating and maintaining a safe space and encouraging everyone to give everything a go.

The program discusses the virtues of:

- honour,
- diligence,
- self-control,
- loyalty,
- respect,
- kindness,
- justice and
- wisdom.

Through this program and virtues, we talk about what it means to be a warrior in their life and circumstances. Many students start the program thinking of warriors as winners, getting revenge, fighting and gore. This program aims to focus their view of warriors to being people who stand up for themselves and others in a honest and kind way. The program delves into how these topics can assist students in their mental health struggles and it builds up their ability to make and maintain healthy friendships. This program also targets students to understand what it means to respect and honour themselves. Through the topics like respect, honour and diligence, facilitators explore how students can make goals and why these virtues are a form of self-honouring as they learn to better themselves. The program focuses on both how students treat each other, but also how they treat themselves.

These virtuous are embedded into the activities and use a narrative approach and bring those virtuous to live with a strong emphasis on building resilience and inner strength and internal fortitude and reframing reality to develop a strong mindset and emotional regulation.

- **Enhancing and building resilience** - *is a primary focus of my program. The warrior's way states that - 'TIME UNDER TENSION' where we are tested, is what builds strength and coping strategies. Like the sword of the samurai that is hammered and fired hundreds of times to become the most powerful weapon in ancient history. This is achieved through exercise and adopting the warrior mindset or finding the warrior within through pushing our bodies, and minds to achieve excellence and be the best version of ourselves.*
- **Working collaboratively in a team** - *all the games and activities we use emphasizes the fact that working collaboratively is what enables us to be the best version of ourselves and achieve our end goal. This is an important concept in the warrior mindset. It's only in training with a diversity of people with varying skills and abilities that we truly grow. Without the virtues of self-control, respect, honour, kindness, and justice we cannot engage and work with others to achieve common goals.*
- **Placing strategies to address worries, fear and anxiety** - *The development of the warrior mindset focuses on teaching participants to not sweat the small stuff. To know which battles to fight. When to bend like a reed in the wind, or like a willow in the storm. and then rise again once the crisis has passed and, knowing when to stand firm and strong for what is right like an immovable mountain.*
- **Building confidence and self-esteem** - *the games, drills and skills acquisition in my program is all about building a strong sense of identity, confidence, and self-efficacy*
- **Looking at inner strength and mental strength** - *this is the crux of what my program is about*
- **Addressing barriers to engagement**

- By providing psychoeducation and links to mental health and/or school service - *psychoeducation on inner strength and the application of that knowledge is a key component of what we do*
- Helping with negative experiences at school and home and providing them with a different perspective, building resilience and regulation - *another important key function of the Warrior Program*

This is an 8-week program at 1.5 hours. Total: \$4,600 excld GST. We charge \$50 an hour if we travel over 30 min each way*** this can change based on the location we are driving to.



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