15 January 2019

Dear Parents and Caregivers,

**REF: SWIVEL VOCATIONAL PATHWAYS**

Whanganui Collegiate School will be engaging Swivel Careers to assist our students with their awareness and planning of their pathways. We are confident that this will be a positive step forward with our students receiving expert assistance in knowing their strengths, challenges, necessary skills and the vocational pathways that are available to them now and in the future. Students will be involved in sessions spaced over the year.

An overview of the Year II course is as follows:

**YEAR 11 “THIS IS ME” - RIGOUR**

**Objective:**
- To help the students build self-confidence, become self-aware, understand what it is that motivates them and who they really are.

**Self Development and Empowerment**

Swivel Careers believes developing the students’ Self-Awareness and Empowerment will help them understand their own sense of purpose and meaning as a person. Learning why this is important and practising how to overcome the hurdles they will come up against in life, will help the students feel more confident.

- How to say what you need to say, when you need to say it.
- How to say ‘no’ and not feel guilty about it. Giving yourself the ‘grace of space’ – time to think, choose and act.
- How to overcome ‘people pleasing’.
- When is too much, too much – how to deal with feeling overwhelmed.
- How to overcome ‘perfectionism’ and be ok with ‘your best work’.
- How to ask for help.
- How to talk with difficult people, without ‘shaking in your boots’.

Learning these behaviours and applying these self-empowerment skills at school will help the students be better prepared to then take these learning’s into a workplace. These themes don’t go away just because they leave school.

**Course Cost $60 per term**
Please note that the cost as indicated above will be charged on your school account. *The course is not a compulsory.* If you wish to opt out, please email accounts@collegiate.school.nz that you do not want your son or daughter to take part in the Swivel programme.

If you would like further information, please contact me to discuss this further or refer to [Swivel website](#).

Kind regards

[Signature]

Mr Grant Muirhead  
Deputy Headmaster