



For all Enquires & Orders
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‘Whether you turn to the right or to the left, your ears will hear a voice behind you saying, “This is the way, walk in it”

Modern Culture offers many expressions of how we should walk, talk, look and behave. This climate is challenging and leaves teenage girls vulnerable to outside influences as they navigate their way. *The Radiance Program* has been developed with a vision;

“To be a voice that speaks Truth, Identity, Love, Health and Purpose into the lives of adolescent girls.”

Overview

The Radiance Program has been developed to reach female participants within the age group of 12-17 years, who are seeking a sense of identity, purpose and belonging. *Radiance* focuses on each individual girl, illuminating their gifts, talents and values using relatable role models to deliver relevant, interactive content over the course of a school term (nine weeks plus a finale).

Program History & Development

The Radiance Program was initially founded in 2007 and the second edition was published in 2015. The program was developed in collaboration with a number of professionals in various industries, including a nutritionist, skincare experts and a clinical psychologist who has experience working with adolescents. It was written to reach participants on the Gold Coast, QLD, Australia and surrounding areas, and has since expanded its reach across the state. It was first run at Elanora State High School on the Gold Coast in 2007, with a group of year nine girls and has since been delivered to numerous other schools on the Gold Coast and in the Brisbane area most commonly by school chaplains.

The Logistics of the Program

The program is designed to be delivered over nine sessions, with a finale celebration at the end. The order of the sessions has been designed carefully so that they build on each other in a healthy way. The best settings for the delivery of *The Radiance Program* are schools, community centres, churches and house group settings in remote areas.

The Duration of each session can be between 1 to 2 hours, depending upon the setting and the time available. A time that has worked best in schools is during sport time as an alternate to sport.

The optimal size of the group is 12-15. The girls-to-leader ratio is to be 5-1.

One trained facilitator in youth work or equivalent will facilitate the program with volunteer leaders.

The recommended cost of the program to charge is a fee of \$25 for each girl. This covers folders, stationery, resources and the end of program ‘Radiance Finale’. You can negotiate your own cost dependent on your individual group as the program can be run off a very low budget where needed.

Purchasing the Program

The Radiance Program manual is outlined clearly with each week laid out in an easy-to-follow manner so that a leader may pick it up and run it with confidence. The entire program + USB of appendices is available for a purchase price of \$160. Please see enquiry and ordering details at the top of the page.

The 9-week Program + Finale Objectives

Weeks 1-2 (You are unique)

-Aim- To get to know each other and feel comfortable and valued within the group.

Who We Are

- To positively introduce The Radiance Program and leaders to the participants by playing icebreakers to help the girls feel at ease.
- Build a Fingerprint Tree signifying what the group is about and the values that are important to a 'Radiance girl'.

Worth Taking Care Of (Skincare)

- Continue building relationships with the girls through pampering, making them feel special and letting them know that they each are an integral part of the program.
- To discuss the negative and positive influences on your skin and the importance of taking pride in yourself.

Weeks 3-6 (It's in your control)

-Aim- Becoming aware of the choices you have to look after yourself.

Live Healthy (Nutrition & Exercise)

- To educate the girls about being media literate and understanding that much of what they see in the media is altered.
- Discuss and learn together what healthy eating and exercise is and talk about the importance of moderate exercise and eating.

Respect and Social Media (Identity Online)

- To help the girls understand that we need to respect the strengths and weaknesses in others and ourselves.
- To instill respect in the way that they represent themselves and communicate to others as we discuss topics such as social media and communication.

A Balanced Me (Emotions & a Balanced Lifestyle)

- Encourage the girls to embrace humour as they come to understand they are an emotional being and there are ways to overcome negative emotions.
- Discuss how to build a balanced lifestyle by looking at all the aspects of who you are and what you do with your time.
- Introduce the concept of self-care and ways of taking care of yourself. Discuss 'journaling' and the importance of reflecting and writing things down. Each young woman receives a journal.

A Head Held High (Confidence & Hairstyles)

- Provide opportunities for the girls to develop skills in how to walk tall and be confident in themselves
- Assist the girls in recognizing their own individuality by discovering and embracing their hair type and possible styles

Weeks 7-9 (Make a Difference) + Program Finale

-Aim- Taking action & impacting those around you.

A Cherry on Top Friend (Friendships & Words of Encouragement)

- Discover and discuss the qualities of a true friend.
- Each participant is able to realise the power in the words that she speaks to herself and others, and that she can choose them to be encouraging and uplifting.
- Unpack the meaning of forgiveness and how to let go and move forward in friendships.

Redefining Love (Relationships)

- Learn the fundamental basics of what love is, the qualities that define it, and that we first and foremost need to love ourselves.
- Realise our need for relationship is real and how to approach relationships in a healthy way.

Dreaming Big & Compassion

- To let the girls dream that anything is possible that there are causes worth fighting for.
- Discuss the value that is in giving and showing compassion to others.

Program Finale

- To organise a dinner, lunch or afternoon tea to celebrate all that the girls have achieved
- An opportunity for the girls to feel special as they are served up delicious, wholesome foods and drinks in a decorated, fun environment.
- To celebrate by looking at photos and receiving certificates to signify they have successfully completed the program.