

# DASH

*Mental Health  
Wellbeing & Behaviour*  
SUPPORT AND EDUCATION



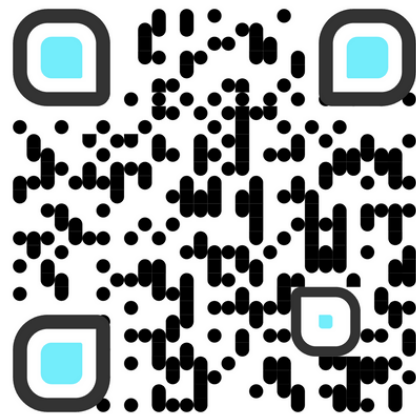
## PSYCHOEDUCATION FOR SCHOOLS: HOW THE WORLD INFLUENCES OUR BRAIN, EMOTIONS AND BEHAVIOURS

Over six 1-hour sessions, Comprehensive aged students will explore the journey from the Brain to Behaviours through our Emotional Landscape through:

Emotional Intelligence Development,  
Cognitive Empowerment and  
Practical Individual Outcomes.

### **Core Learning Objectives include:**

Brain function basics  
Emotion recognition and regulation  
Behavioural response understanding  
Healthy coping mechanisms  
Personal growth strategies



SCAN FOR MORE DETAILS

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