

## Seen & Heard



Seen and Heard delivered the “Lifeworx4me” workshop at Mundaring Hall on Thursday, 7 July. This interactive, leadership workshop facilitated by Jenny Gleeson from Lifeworx, allowed young people to learn about their personalities and what makes them unique. The workshop started at 11am and accommodated 20 young people, with Seen and Heard providing free lunch and afternoon tea. The young attendees were able to enjoy the newly refurbished Sculpture Park during their lunch break.

The aim of this workshop was to value the individual differences of each young person and encourage them to understand and appreciate the other young people around them.

The workshop introduced four different personality types, in which young people needed to answer questions about their values and thoughts around scenarios. Each answer gave points to each different personality category; each having its own strengths and perks. Many of the attendees identified as the thrill seeking “Performer” personality, with many saying they loved getting outdoors and experiencing activities that get the adrenaline pumping. The young people also

learnt quite a bit of information on the varied approaches to teamwork, problem solving and communication.

Once each young person knew about their personality, it was time to mix things up. The young people had to work together with other young people, to build a Castle with items provided by facilitator, Jenny Gleeson. These items included cups, popsicle sticks, glue, balloons, streamers and tape. The castles needed to be freestanding and stable, which meant that young people needed to team up to ensure their castle won the challenge! Young people were challenged during the building process, as some items were taken and then the young workers were constantly switched around and moved to opposite teams, which allowed them to interact with other young people in the room and learn to embrace and deal with change. Young people involved in this exercise were able to experience positive teamwork and build on their communication and relationship building skills.

“I learnt how different we all are and also how our personalities shape how we work together and interact” comments Seen and Heard CREW member, Anya Fey.

At the end of the day, the young people were able to take home with them a small pack on the workshop and information on the different personality types to share with their friends and family, to help better understand those around them and create effective relationships.

*Lifeworx4me* was proudly supported by the Serco Acacia Prison Community Grant, which allowed Seen and Heard to provide this valuable workshop to young people.

Seen and Heard is funded by the Shire of Mundaring and delivered by Parkerville Children and Youth Care.

For more information on this event, or future events, please contact Seen and Heard on 92552570 or [seenandheard@parkerville.org.au](mailto:seenandheard@parkerville.org.au). Seen and Heard is also on Facebook, like us to receive updates on events in your area on [www.facebook.com/seenandheard1](http://www.facebook.com/seenandheard1)