



HILLSONG CITYCARE



SHINE *Women.*

WORTH. STRENGTH. PURPOSE.



introduction

SHINE *Women*. is about equipping women with the knowledge and skills to discover who they are and the person they want to become. This program challenges women to find the strength and courage within them to accept and love who they are, to make healthy choices and live to their full potential.

The program is not aimed at stereotyping what women should be like or how they should behave. It does hope to offer women new agentive positions to co-construct stories of identity in which they discover a new language to speak about self, their values, and to state their desires and preferences.

Many women in our communities do not know or believe they are valuable and unique individuals. This could be due to sociocultural norms and attitudes that have oppressed women, unrealistic representations of women in media, adverse life experiences, unhealthy or abusive relationships, and pressures to fulfil culturally-mandated 'gender-appropriate' roles and norms. SHINE aims to address common barriers to a healthy sense of self such as self-criticism, shame, fear, identity confusion, interpersonal difficulties, and a lack of purpose, by providing skills to navigate and overcome challenges within a group environment.

SHINE provides a safe and supportive environment where through sharing of knowledge and open discussions, dominant ideas of what makes a woman beautiful, discourses that subjugate women and contribute to non-agentive positions by which women grade their worth and value can be challenged. SHINE emphasises that to value others, we need to first value ourselves.

This welfare-based program addresses outcomes from key learning areas that apply to many interventions for resilience enhancement. The structure of SHINE enables facilitators to differentiate the content based on the individual learning needs of the participating women. By using a holistic and strengths-based approach, SHINE reinforces that every woman is different and has unique strengths, qualities and skills. It's a celebration of diversity. The program illustrates that each individual possesses the capacity to make a unique contribution to the world.

SHINE *Women.*

SHINE IS A PERSONAL DEVELOPMENT AND MENTORING TOOL WHICH ADOPTS HOLISTIC, STRENGTHS-BASED AND EXPERIENTIAL APPROACHES TO LEARNING.





overview

aim.

For each participant to develop an understanding of her own personal worth, strength and purpose and realise her capacity to build a meaningful and contributing life.

objectives.

Equip participants to:

- Identify themselves as valuable and of worth
- Build confidence and self-esteem
- Develop respect and boundaries in relationships
- Recognise one's unique strengths, skills and abilities
- Identify and regulate emotions
- Learn decision-making skills
- Identify personal values and set desired goals
- Increase their sense of social connectedness and belonging

These objectives are achieved through three foundational concepts:

WORTH. STRENGTH. PURPOSE.

I HAVE WORTH - *Body, mind and soul, I am wonderfully made.*

The focus for these sessions is for each woman to understand for themselves that they are valuable. Their uniqueness is something to celebrate.

I HAVE STRENGTH - *Choose life.*

These sessions explore the power of choice and the power that decisions have on shaping a person's future. Topics include emotion regulation, problem-solving, and healthy boundary-setting and respect.

I HAVE PURPOSE - *I have a hope and a future.*

Purpose is examined through exploring individual hopes, dreams and desires. Discussions on values, goal setting, potential, talents and practical activities are used to equip and build confidence to live out a purpose-filled and meaningful life.



program information

RESEARCH AND DEVELOPMENT

The content and structure of SHINE is underpinned by doctoral research examining the effectiveness of a human resource development program in increasing participants' sense of worth, strength and purpose in life.

THEORETICAL UNDERPININGS

The development of the SHINE program draws on the expertise of individuals from various fields, including psychology, counselling, social work, youth work, community development and education. It adopts a cognitive behavioural framework, draws on the principles of positive psychology, and uses values-based strategies.

The program aims to equip individuals with cognitive and behavioural tools to address maladaptive and unhealthy thinking, and to encourage positive or healthy beliefs about the self, resulting in increased opportunities for positive emotions, relationships and experiences.

The program is concerned with developing whole, secure and flourishing individuals who are able to embrace their self-worth, strengths, build healthy relationships and community, and believe in their capacity to make a meaningful contribution to their world.

It is important to note that SHINE is not a psychological intervention, it simply draws on psychological theories and frameworks. The program should be seen as an adjunct to psychological and clinical interventions.

STRENGTHS-BASED APPROACH

SHINE focuses on addressing the strengths and skills the participants possess rather than their weaknesses or deficits. The strengths-based approach challenges participants to grow and change by identifying and using their strengths as a personal resource. Participants are encouraged to become the expert within their own life.

EXPERIENTIAL LEARNING

SHINE applies experiential learning approaches to support the link between theory, concepts and practice; a sense of 'learning by doing'. The program engages participants through direct experience and focused reflection in order to clarify novel concepts, increase knowledge, and build new thoughts, ideas and skills.

SOCIAL LEARNING

The program fosters positive peer experiences through the use of peer participation, modelling by facilitators, and the use of group-based discussions and activities aimed at introducing novel thoughts, attitudes and behaviours. The program offers a non-judgemental and safe space that allows individuals to learn from one another, mentor one another, and collect shared experiences.

CULTURALLY SENSITIVE PRACTICE

SHINE facilitators are required to exercise cultural competence within their practice. The program is designed not only to acknowledge and increase understanding of diversity and differences, but to celebrate and cultivate it. The program hopes to instill an attitude of curiosity and learning from diversity.



SHINE *Women.*

SESSIONS ALLOW GROUP MEMBERS TO PARTICIPATE IN EXPERIENTIAL AND REFLECTIVE ACTIVITIES, CONTRIBUTE TO IN-DEPTH DISCUSSIONS, AND ENGAGE IN SOCIAL INTERACTIONS WITH OTHER PARTICIPANTS AND FACILITATORS.

The foundational concepts are reinforced throughout the sessions to unveil the truth that each and every one of us has intrinsic value and has the potential to live a meaningful and purpose-driven life.

worth.

strength.

purpose.

By the end of each session participants will be able to:

**SESSION 1
I AM VALUABLE**

- Gain an understanding of the concept of value
- Understand the value of self-care
- Develop an awareness of one's personal and intrinsic value

**SESSION 2
I AM ONE OF A KIND**

- Recognise the value of one's individuality
- Distinguish between uniqueness and comparison
- Acknowledge and celebrate diversity

**SESSION 3
I AM WONDERFULLY MADE**

- Understand the value of her body
- Increased awareness of the mind-body connection
- Consider her body and physical health needs

**SESSION 4
I HAVE THE POWER
OF CHOICE**

- Identify and label emotions
- Develop emotion regulation skills
- Build problem-solving skills to enhance the power of choice

**SESSION 5
MY DECISIONS DETERMINE
MY DESTINATION**

- Apply and practise decision-making skills
- Recognise the value of convictions and boundaries
- Practice assertiveness and self-respect

**SESSION 6
I HAVE RESILIENCE**

- Recognise the value of developing resilience
- Understand the power of vulnerability
- Exercise cognitive flexibility in problem-solving, acceptance and letting go

**SESSION 7
MY POTENTIAL IS LIMITLESS**

- Have an awareness that she has potential inside of her
- Recognise the value of a positive environment for her potential to grow
- Identify ways to build her confidence

**SESSION 8
MY LIFE HAS PURPOSE**

- Identify personal desires and strengths
- Distinguish between values and goals
- Develop an understanding that she has something to contribute

**SESSION 9
SHINE!**

- Understand the importance of embracing her self-worth, strength and purpose
- Develop a sense of belonging and connectedness to a group
- Have a personal experience of achievement and accomplishment

Testimonials

““

I loved the way it brought people together. It also brought awareness about how negatively I talk to myself and how I can change that.

““

I loved how everyone could talk freely, feel safe and know that they are not the only ones having a hard time.

““

Everyone was so understanding and I felt like I had the freedom to express my emotions.

““

I loved how open it was and everyone was really supportive and helped me be a better person. I also loved how much fun we all had.

““

They taught us about important things and gave us something that represented/reflected upon it, so we would never forget.

““

I liked understanding my value and what I'm worth. Self confidence is everything and my favourite session was the facemask one.



HILLSONG CITYCARE AUSTRALIA

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