

Belonging and Connection

why it's so hard and how it can be easier?



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CONFIDENCE HACKERS

Best Practice Guide - IS Wellbeing Confidence Crew Creativity for Wellbeing



Australian Government

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MONASH
University

**Endorsed:
Teacher
Wellbeing
Program**



Finalist

Excellence in International Student Experience

2021-22
VICTORIAN
INTERNATIONAL
EDUCATION
AWARDS

STUDY MELBOURNE
Victoria
Australia

**When you look beyond
the 'what' of behaviour...**



you start
unpacking
the 'why'
of
behaviour

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Adult Development Model



Reliant



Rebel



Results



**Real-
isation**



**This is
trauma...**

**So is this,
for some...**



So was this... for most



Stay
Home

A bronze bust of a man's head and arms, positioned centrally. The head is bald and has a serious expression. The arms are crossed in front of the chest, with the forearms and hands covered in intricate, dark tattoos. The background is a deep red color with a repeating damask or floral pattern. The text is overlaid in the center, in a bold, white, sans-serif font.

**Trauma STOPS growth...
helping people understand their
behaviour helps them get unstuck**



RESEARCH

maybe what we need is

NEW & DIFFERENT

SOLUTIONS


not just more research...





we help international
students
get better results

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Human behaviour-based
Proven, Preventative &
Proactive
Non-clinical, Stigma-free

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**help them
make sense
of the weird
stuff they
do**

A high-angle photograph of a group of people standing in a circle on grass, with their hands clasped together in the center. They are all wearing white wristbands with the text 'Ultimate Treasure Hunt' and a small logo. The scene is brightly lit, suggesting an outdoor event.

10,000+



Public Speaking



Entrepreneurship



Pre-Arrival programs



Staff & teacher wellbeing



Employability



Student confidence & wellbeing



Student-centric First Aid for MH

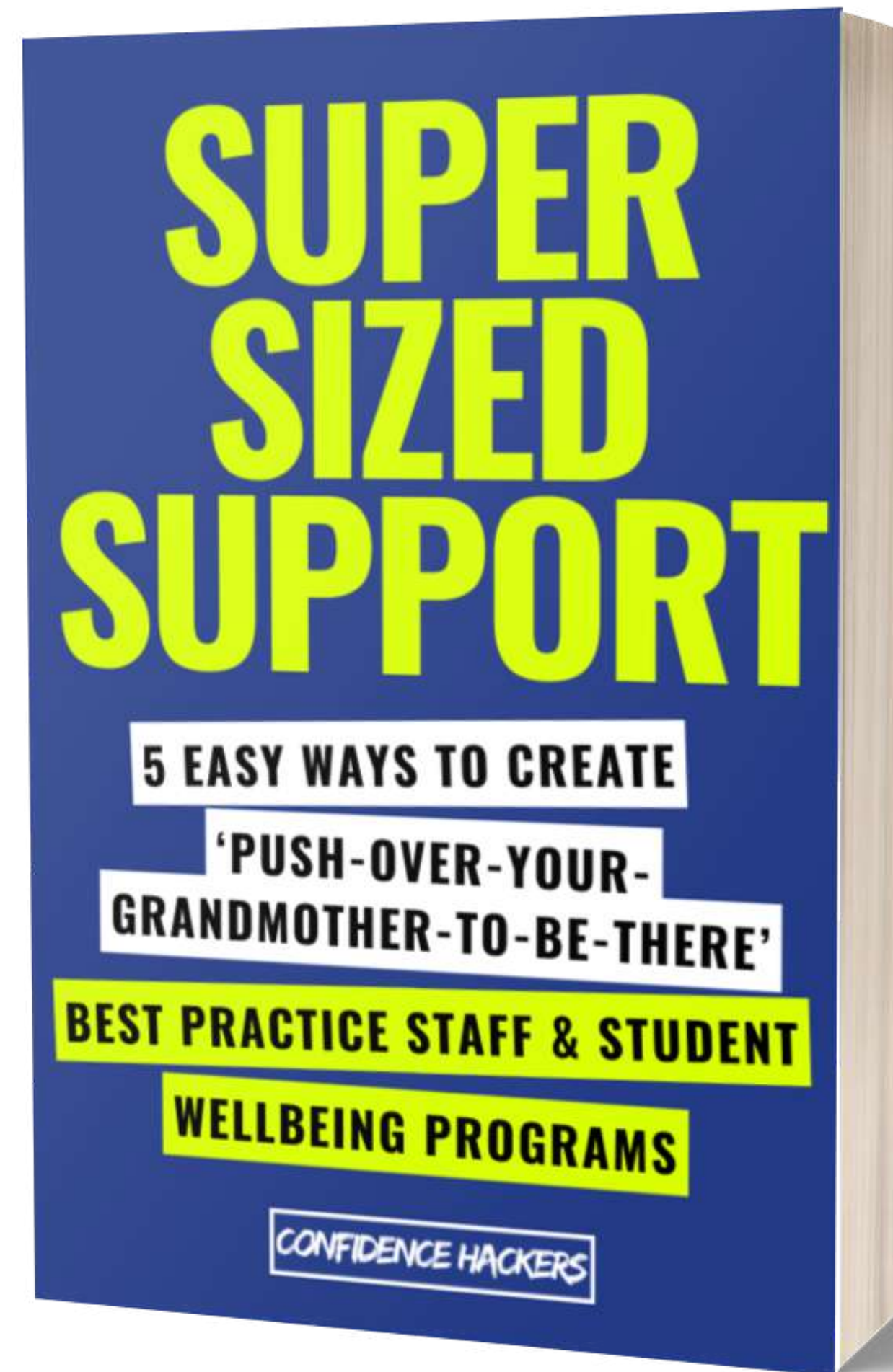


Creativity for Wellbeing



Festivals & Events

Download our
FREE e-book



A vibrant concert scene with a large crowd of people. In the foreground, two hands are raised and joined to form a heart shape. The background is filled with other people, some with their hands raised, and bright stage lights creating a hazy, energetic atmosphere. The text "IRL event dream" is overlaid in the center in a white, sans-serif font.

IRL event dream



IRL event reality*

*with free food



Wellbeing Paradox

Those that need help the most,
are the least likely to ask for it

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Engagement funnel

A person with long hair, wearing a light-colored jacket and blue jeans, is walking up a long, narrow staircase. The steps are painted yellow, and the walls on either side are made of grey vertical wooden planks. The person is seen from behind, walking towards the top of the stairs. The sky is overcast and grey.

3 - IRL events
2 - live by Zoom
1 - pre-recorded content

comments

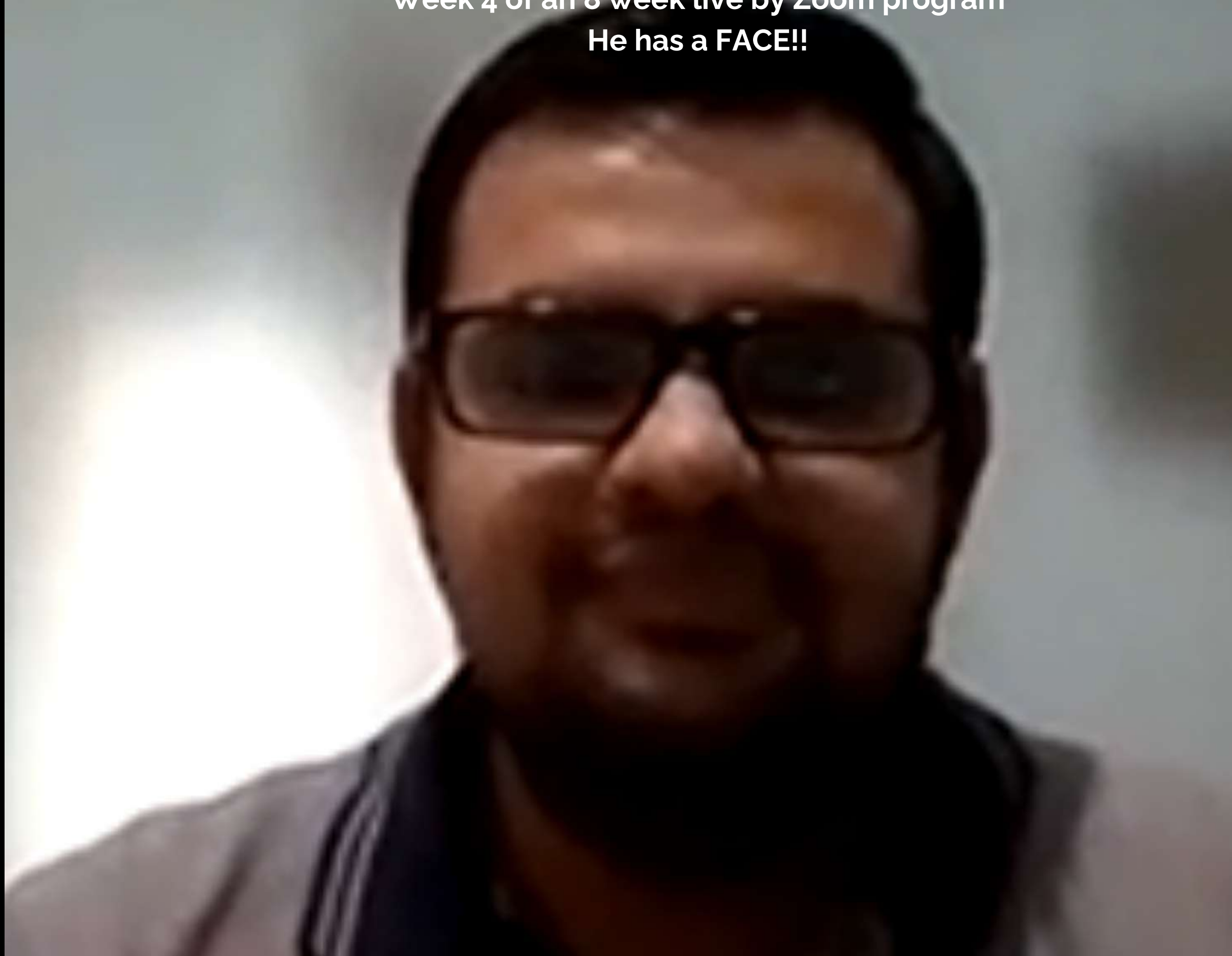
This is Param.

Weeks 1, 2 and 3 of an 8 week live by Zoom program

DO NOT adjust your picture...



This is Param.
Week 4 of an 8 week live by Zoom program
He has a FACE!!



comments





This is Param.
Week 7 of an 8 week live by Zoom
program
Camera ON during the
90 second dance break!



**WELCOME
Lord of the
Dance!!**



comments

**"I'm the
boss of
me!"**

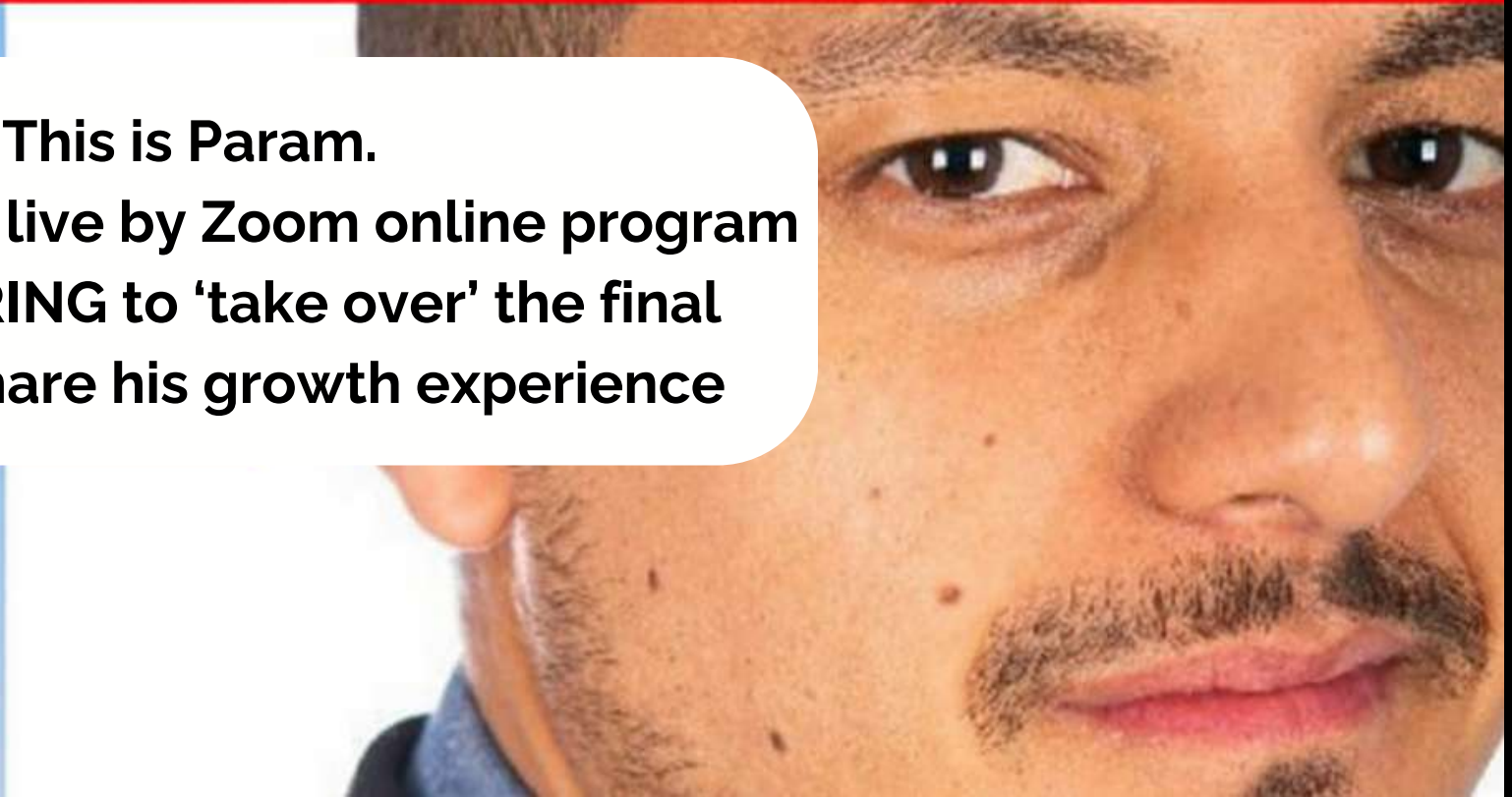




STUDENTS TAKE OVER! #CONFIDENCECREW #SELFTALK



This is Param.
Week 8 of an 8 live by Zoom online program
VOLUNTEERING to 'take over' the final
session to share his growth experience



12+ months on... THIS is Param

**Proactive
job seeking
on LinkedIn**



**Study
Geelong
Ambassador**



**Maccas
'outstanding
crew'
award
(in first year of
employment)**



**Proud
Rotaract
member &
volunteer**

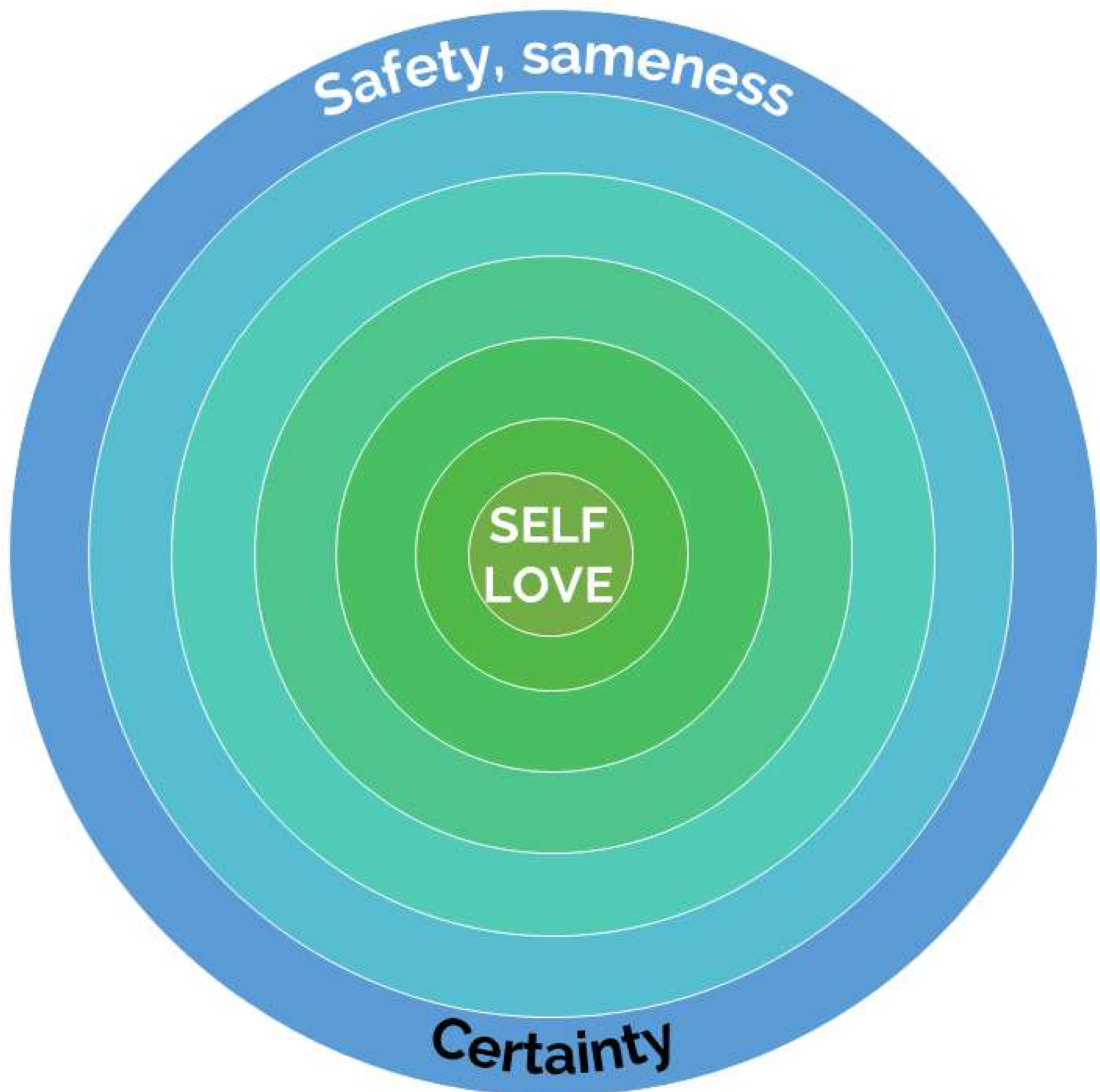
Core Needs



you choose!

helpful

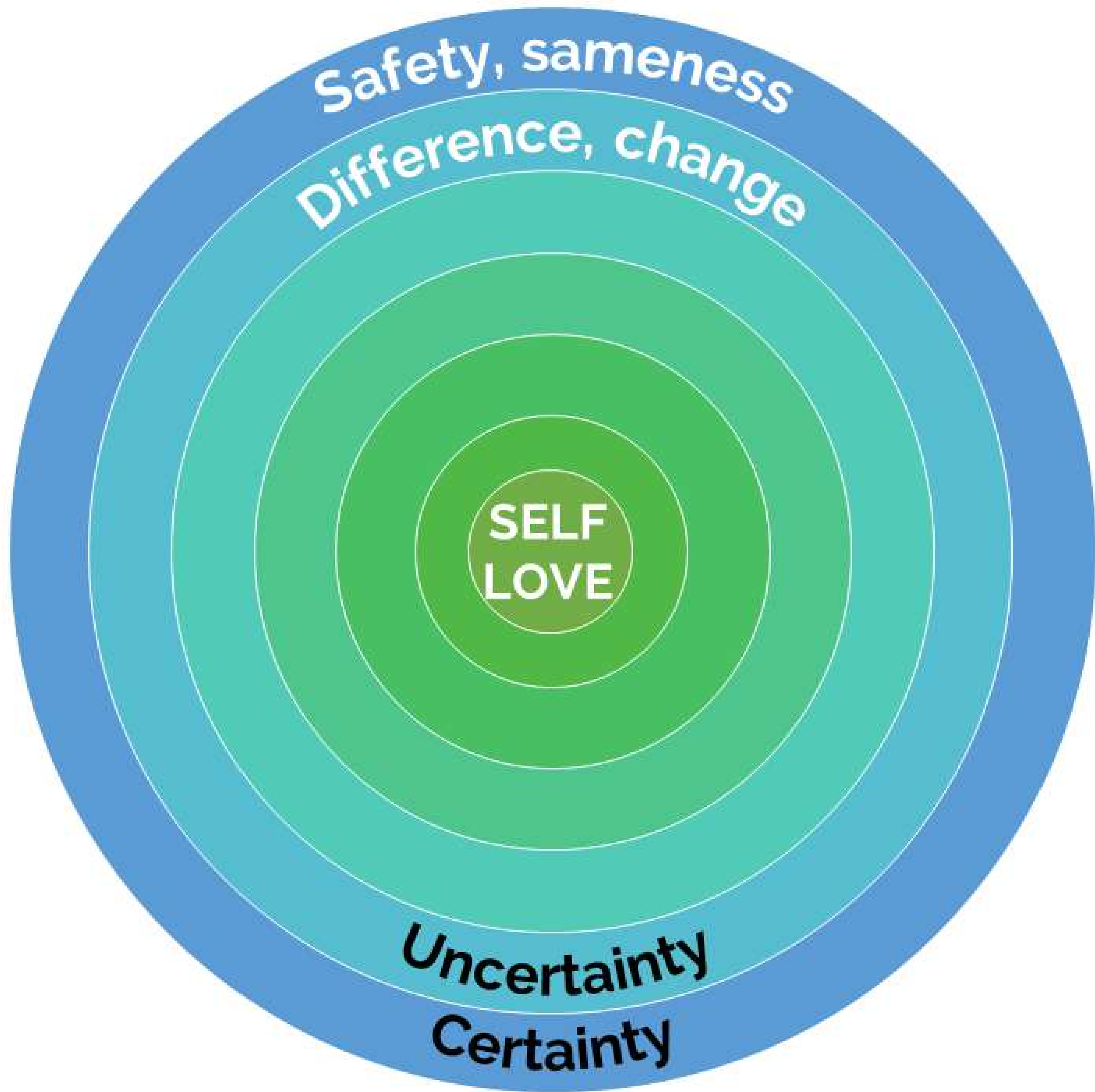
harmful

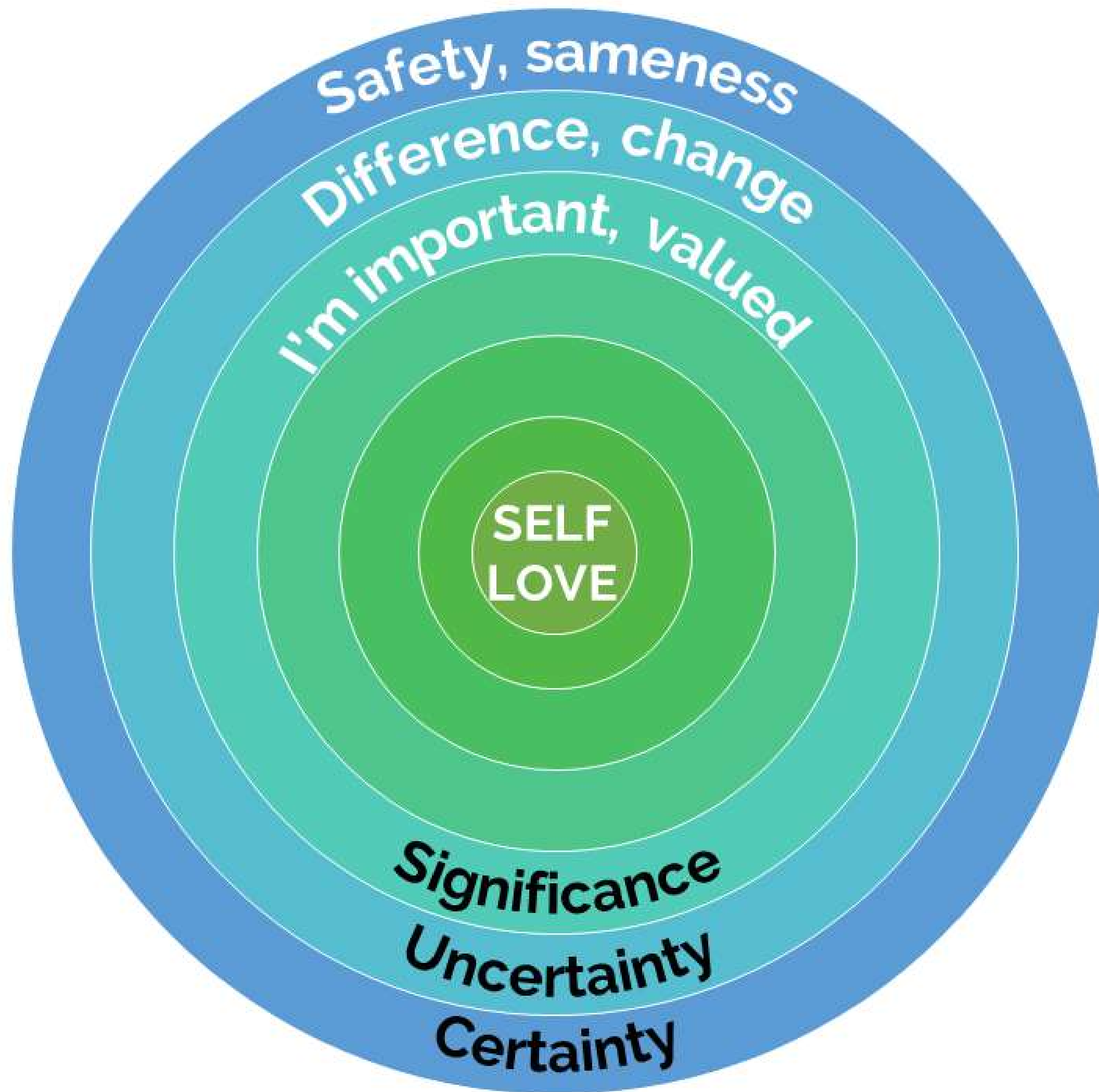


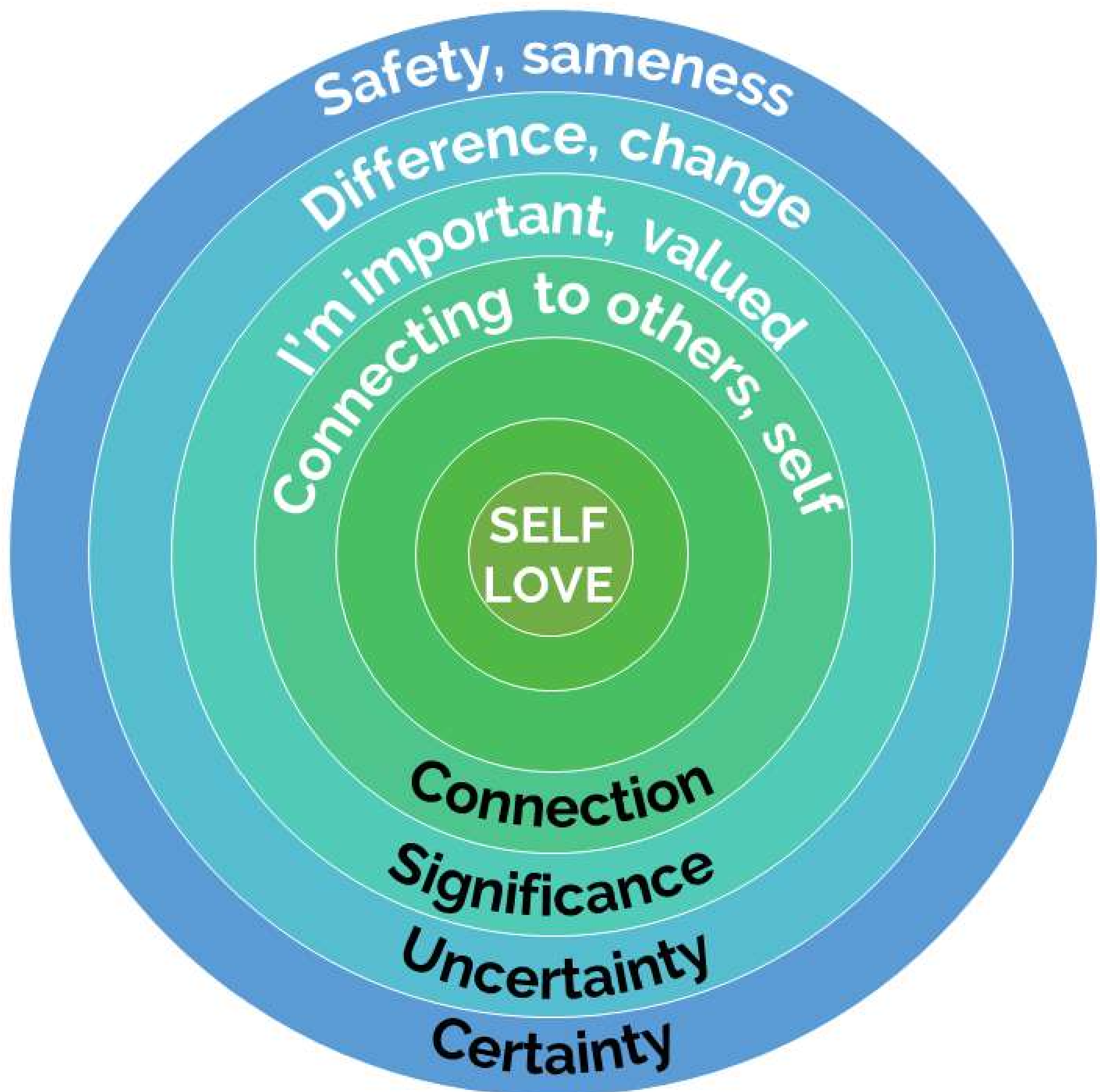
Safety, sameness

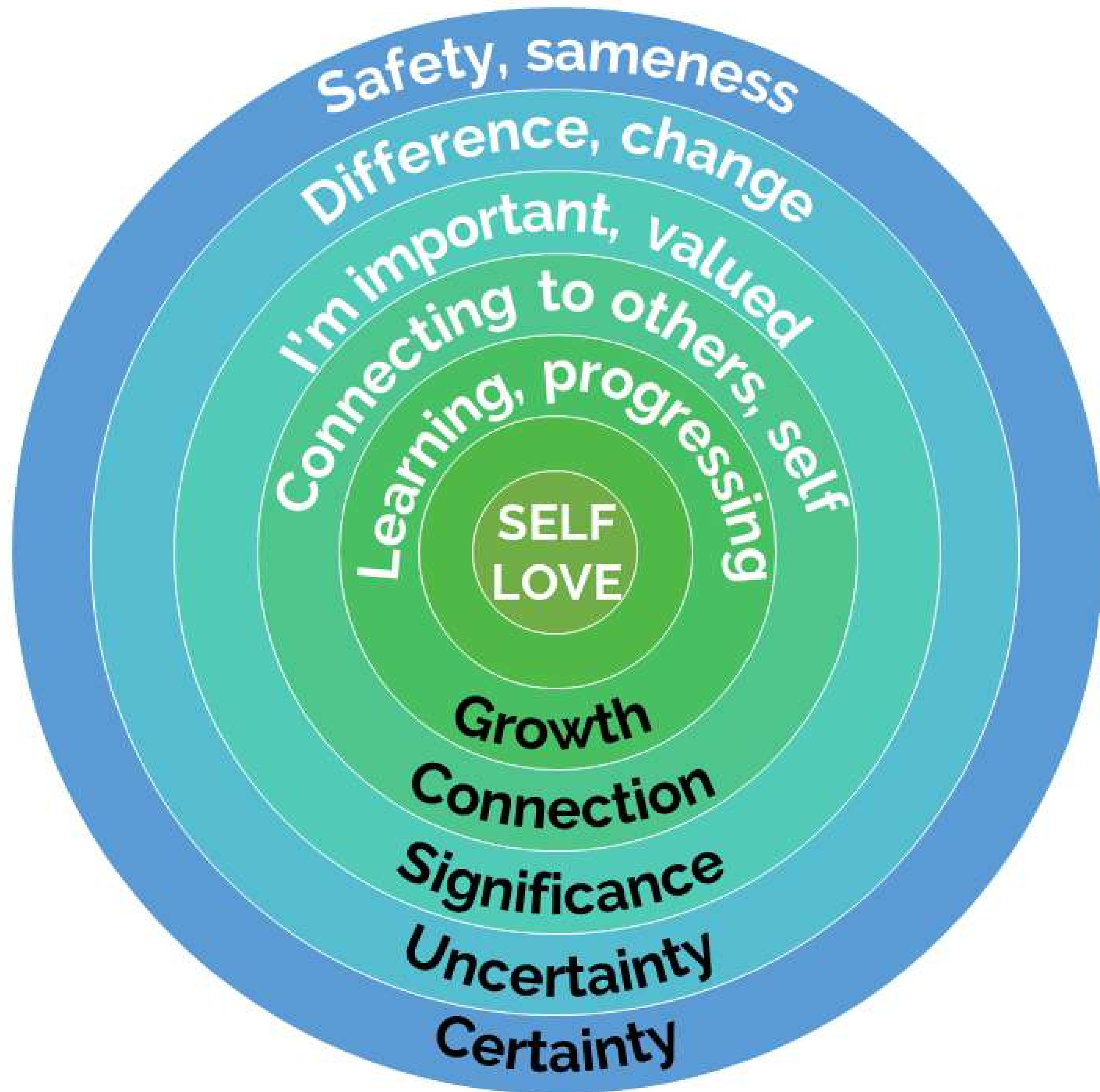
SELF
LOVE

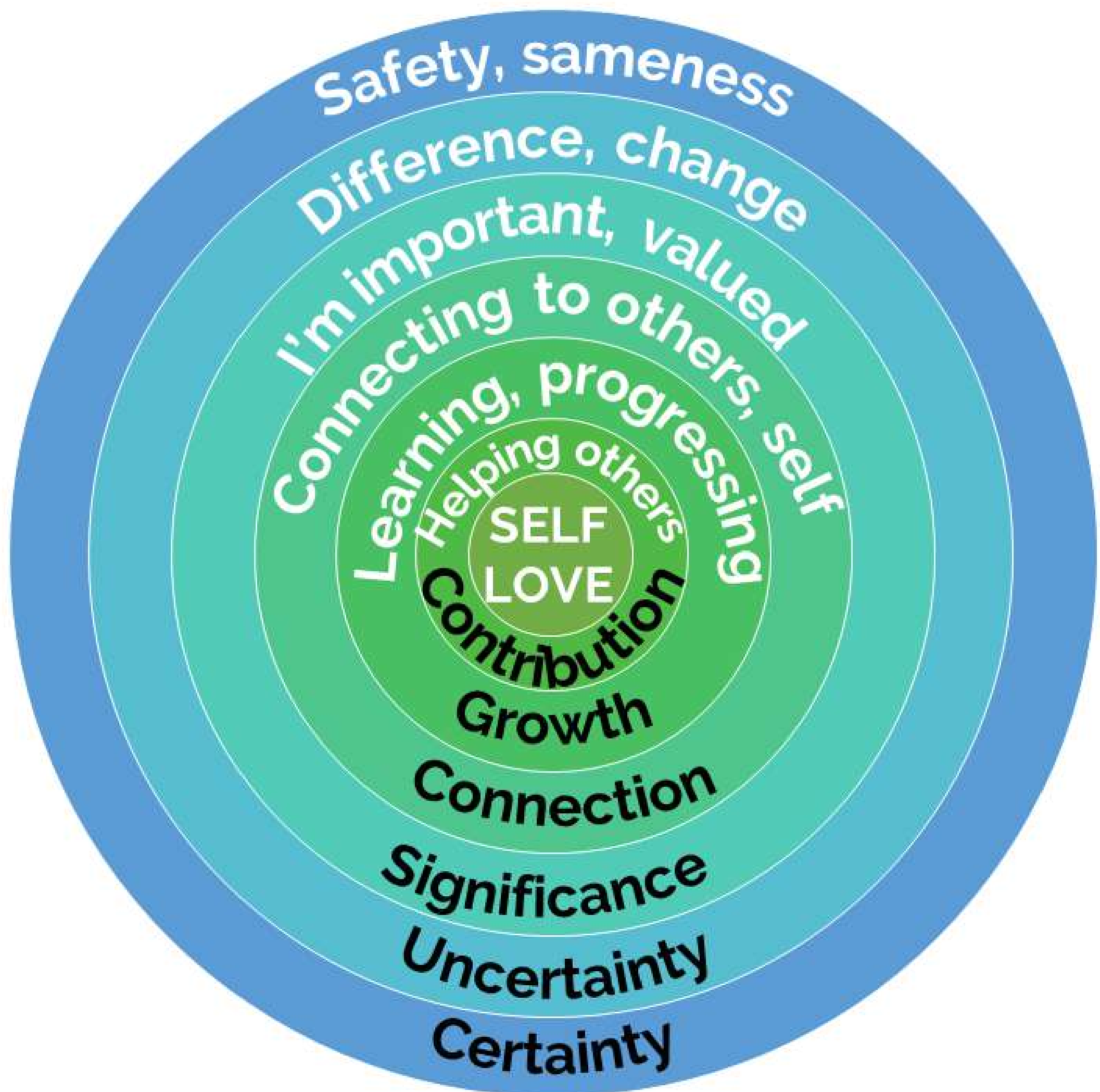
Certainty











Safety, sameness

Difference, change

I'm important, valued

Connecting to others, valued

Learning, progressing

Helping others

SELF

LOVE

Contribution

Growth

Connection

Significance

Uncertainty

Certainty



**The pathway to connection
is through significance
(feeling valuable, seen, heard & important)**

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A tropical beach at sunset. The sun is low on the horizon, casting a golden glow over the scene. Palm trees are silhouetted against the sky. In the foreground, a path of large, flat, dark stones leads from the beach into the shallow water. The water reflects the sunset and the palm trees. The overall mood is serene and contemplative.

How can we empower
students to build the
'stepping stones'

to connection?

Universal Fears
when you understand fear more,
you become fear-less





**Nothing in life is to be
feared it is only to be
understood.**

**Now is the time to
understand more
so that we may
fear less.**

Marie Curie



not being LOVED

A top-down view of a group of people's hands clasped together in a circle on a grassy surface. Each person is wearing a white wristband with the text "Ultimate Treasure Hunt" and a small logo. The people are wearing various casual clothing, including blue jeans, a blue and white plaid shirt, and a purple shirt. The scene is outdoors, with sunlight filtering through the grass.

not **BELONGING**
(connection comes up again!)

A man with dark hair, wearing a grey t-shirt, is shown from the chest up. He has his head buried in his hands, with his fingers gripping his hair, suggesting a state of deep distress, despair, or failure. The lighting is dramatic, with strong highlights on his hair and the back of his head, while the rest of his face and the background are in deep shadow.

not being ENOUGH
(significance sneaks in again too!)

which is
your
captain
fear?



how does
it drive
your
behaviour
?



antidote?



**Understand &
normalise feelings,
thoughts & behaviour**

- **Decision making**
- **What if's**
- **Positive Psychology**
- **Finding Focus**
- **Motivation/Inspiration**
- **Standards/Expectations**
- **Networking for Success**
- **Behavioural Profiles**
- **Managing Drama**
- **Beliefs**

A square logo with a red border containing the text "CONFIDENCE HACKERS .COM" in a black, hand-drawn font.

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How do truly we make this a
WHOLE OF SCHOOL
approach?



An aerial photograph of a construction site. In the foreground, a large, grey concrete foundation slab is visible, with several yellow markers placed on its surface. Behind the foundation, a steel frame structure is under construction, consisting of blue-painted steel beams and columns. The ground is a mix of brown earth and sand. Several stacks of red bricks are scattered around the site. The text "Solid foundations" is overlaid in white, bold font across the center of the image.

Solid foundations

Shared
language & understanding
of human behaviour
(the 'WHY' not just the 'WHAT')



Parents

Students

Family

Providers

- **education**
- **accommodation**
- **agents**



How we help build belonging & connection

- best practice & award winning
- proven human behaviour models
- wellbeing paradox
- engagement funnel
- research-backed
- why, instead of what
- empowerment through understanding self

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COMING SOON!

Confidence Hackers is changing to...



Student Confidence

Scalable Pre-Recorded Programs
Live-by Zoom Wellbeing Sessions
In-House Events and Sessions

Beyond Compliance



Download our FREE e-book

