

breakthrough

Breakthrough
to Excellence



The Pacific Institute

Breakthrough to Excellence

Between the ages of 16 and 21, young people are faced with particularly difficult decisions about their future. One of the key factors which will influence these decisions is their level of self-esteem, and their expectations of what is possible for them.

For more than 30 years, The Pacific Institute has successfully worked with all age groups to build self-esteem and achievement. The Breakthrough program was specifically developed to address the concerns of 16—21 year-olds, and to help them become more successful in all areas of their lives — in finding a job, in their education, in sports or at home — wherever they want to improve the results they are getting.

Breakthrough provides a powerful toolkit which enables young people to deal with the issues they are facing. It helps them to see that they have choices, that they can take more control of their lives and that they can cause things to happen if they want to.

Breakthrough is being successfully used in communities to move disaffected youths back into society, in schools and colleges to improve results and progressions, and by training providers to keep learners more focused on their goals.

The program has gained widespread acclaim in the educational community and with social services agencies for its ability to improve performance and raise standards.

Breakthrough is as effective in helping young people in difficulty as it is in realising the potential of those who are already coping well in the mainstream.

It is built on the best academic research from the field of cognitive psychology and on studies of the way that high performers learn and think. The Pacific Institute has translated this information into a set of principles that help young people to see that the beliefs they hold about themselves as learners have a profound effect on how much of their potential they will eventually realise.

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Breakthrough gives young people techniques to make the improvements they want in their lives, and gain skills that allow them to become self-motivated and truly lifelong learners.

Process

Breakthrough is delivered by teachers, support staff, or community workers who have been trained as facilitators, and who have already experienced The Pacific Institute's education. Their regular contact with the young people allows them to bring the concepts of the program to life using issues that are current for them in their personal lives, at school, and in the community. Using activity-based exercises, Breakthrough creates openings for personal reflection and in-depth discussions, helping young people to discover and change some of the old attitudes that have been affecting their performance.

How Breakthrough works with other training

Breakthrough is often implemented as a support for other types of training, because it significantly increases the retention rate of other programs. With the motivation gained in Breakthrough, studies have shown that participants are more likely to go on to further or higher education, and far more likely to finish their course of study once they begin.

A program that gets results

Interim results from a longitudinal study conducted by Dr Judy Proudfoot of the Institute of Psychiatry at Kings College, London, show the following: "The young people who undertook the three-day 'Breakthrough to Excellence' course reported feeling significantly more hopeful about getting a job and experiencing less mental strain than the youngsters who did not receive the course".

In whichever circumstances you choose to implement it, Breakthrough gives young people powerful tools to realise their potential and helps them move towards a brighter future of their own making.

Our clients' views:

"Reminded me of why I wanted a career in teaching all those years ago."

Susie McDonald, Teacher, Governor Stirling High School

"Many staff report the course has given them the opportunity to examine their personal goals and aspirations - the opportunity to turn one's career around. The sense of unity and purpose the program has brought to our school has been tremendous. Academic excellence is part of the School Ethos and the program has provided a major stimulus towards achieving this goal throughout the school community. In these times of rapid change, I would highly recommend the program as a vehicle for any organisation to use in establishing a clear direction towards the attainment of identified goals."

Graeme Smith, Principal, Duncraig Senior High School

"Last year we had our best year yet - school dux, runner up dux, head boy and head girl, subject winners as well as 5 gold medals from a graduate of the Excellence program who competed at the Sydney Para-Olympics - Paul Barnett. But they were only part of the joys in being the facilitator at Mt Lawley. We also gave out two scholarships to students so that they could attend. This has continued in 2001 due to the generosity of our parent benefactors who think so highly of the program that they want other students to have the chance at EXCELLENCE their daughter had."

Warren Daniel, Teacher, Mt Lawley Senior High School

"The response to Breakthrough was extraordinary. The parents and governors in the school say that they have noticed a difference in their youngsters, and we are pleased to see staff queuing up to be a part of it. Our priority as a school is to encourage effective learning in young people. If that is your priority, then you seek the best way of doing it. Breakthrough and Investment In Excellence seem to match that requirement."

David Howard, Head Teacher, Ferndown Upper School

"This is a wonderful program to raise the awareness level of the power of positive attitudes. It enhances potential of staff and highlights the power of WORDS."

Mike Detuik, Principal, Eastern Hills Senior High School

"For us, Breakthrough has always been seen as a sound business investment. The young people who go through the program are better motivated, develop greater self-confidence and progress more quickly into formal training. We have seen a 20% increase in positive progressions since the introduction of Breakthrough to Excellence."

Bryan Reeves, Program Operations Manager, The Learning and Business Link Company Ltd

"Breakthrough really turns them around. You see such a change in them after the program. They are more confident, more positive, and they believe they can do something with their lives."

Roz May, Training Implementation Manager, Prosper

"My self confidence has improved and I can now set and achieve new goals."

Amanda, Student, Governor Stirling Senior High School

"It made me realise that it is not the teachers fault if I was failing."

Student - Mt Lawley High School



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UNDERSTANDING HOW WE THINK

Unit 1 BREAKING BARRIERS

Sometimes we need to get out of our own way in order to see the real truth. We can look right at something and not always see it. The information helps us to identify blind spots, it alerts us to effective thinking skills to help us begin to reach our potential.

Unit 2 SEARCHING FOR THE TRUTH

This unit helps us identify how we act in accordance with our beliefs about ourselves and others. This unit also helps us to understand how our mind works and to be careful about what we listen to and accept from other people.

Unit 3 TAKING CHARGE OF YOUR THINKING

We can build beliefs by giving credence to them. If these beliefs are negative they can limit our growth. We explore here the process of how what we say to ourselves can affect our behaviour.

Unit 4 HOW OUR MIND WORKS

Why do we make decisions based on the past? How does this affect our future? In this unit you will also learn how to turn conflicts and challenges into opportunities.

BUILDING NEW CONFIDENCE

Unit 5 OUR ATTITUDES AND HABITS

Are your habits and attitudes still relevant today? You will learn how your habits and attitudes cause you to resist change and limit your growth. This unit will show you how to recognise and change unwanted habits and attitudes.

Unit 6 THE POWER OF SELF TALK

We explore here the importance of our thinking. We move towards what we think about so we should not spend time thinking about what we don't want.

Unit 7 BUILDING SELF ESTEEM

We look here at changing the image we have of ourselves and creating the drive and energy to become what we would like to be.

Unit 8 EXPANDING COMFORT ZONES

The unit explores how we can sometimes mess up our success by feeling uncomfortable in new situations. Feeling out of place can cause us to want to get back to where we feel most comfortable. This unit provides important information on how we can begin to change these uncomfortable feelings.

MAKING IT HAPPEN

Unit 9 THE SUCCESS CYCLE

Our thought patterns mould our self image. We use words that trigger pictures about how we see ourselves. If these pictures are faulty we can see ourselves as less than we are really worth.

Unit 10 WRITING OUT YOUR GOALS

Once we have made the decision to change an aspect of our lives, we need to also change our inner beliefs about ourselves. This unit describes the 'how to', giving simple steps to write our goals out in affirmation form and the importance of visualising those goals.

Unit 11 VISUALISING A BETTER FUTURE

One thing that affects the picture we create in our own mind is where our thinking is. We look here at visualising the future so it becomes stronger than the present reality. Vivid visualising is an essential element in the change process.

Unit 12 POWERFUL MOTIVATION

This unit contains valuable information with regard to true motivation. We will see that once we decide what we want, we can create the energy to go after it.

Unit 13 THE WIZARD

This unit is a valuable inspiration to help us go out there and make it happen for us. We will learn about positive and negative wizards and how it is so important to be our own positive wizard. We will learn that we really have the power inside of us and we don't need someone else's permission to 'go for it'!!



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