

The Meditation College



What's New?

A New & Mindful Principal Partner -

Edventures WA is delighted to announce that The Meditation College, a Perth located Charitable Foundation, has become Edventures WA's new 2015 Principal Partner. The Meditation College (TMC) is chaired by Australian philanthropist Kerry Harmanis and has supported the Mindfulness and meditation endeavours of thousands of people in Australia and internationally for over a decade.

The Meditation College is working towards the objective of installing non-denominational Mindfulness activities in Western Australian schools for its proven emotional health, cognitive and scholastic performance benefits. Highly regarded institutions including Harvard and Oxford Universities have completed comprehensive clinical studies that confirm the positive impacts of Mindfulness meditation. These studies have highlighted that regular practice contributes to reduced stress, improved focus & scholastic retention and enhanced resilience. Mindfulness meditation is also used in the treatment of anxiety, depression and other challenging conditions.

Edventures WA recognised the benefit of Mindfulness meditation during 2014 by including the activity in the Young Women's & Men's Program. For 2015, we have now included Mindfulness activity as a permanent introductory component to our weekly program sessions.

The Edventures WA team continuously seeks to improve the focus of participants so they can better receive the content being delivered. By adding Mindfulness practice to each weekly session we are arming our young people with a new tool to help manage challenging circumstances and identify & pursue positive opportunities.

Edventures WA President, Mr Adam Boyd said,

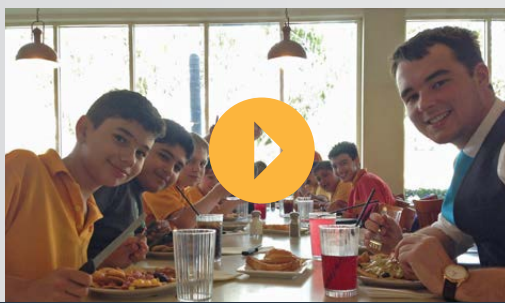
"The Board and staff of Edventures WA would like to express our sincere appreciation and gratitude to The Meditation College for providing funding support for our after school programs and their generous time commitment to evaluate Edventures WA programs and activities.

"The TMC support will allow Edventures WA to continue its successful after school programs in WA primary schools. Every 2.5 hour weekly session delivers structured content seeking to enhance self-esteem, self-confidence and resilience in our WA young people. These are all character traits that will assist young people to make positive decisions.

"Incrementally, each weekly session will now include a 15-minute Mindfulness meditation period with the objective of providing young people with the tools to manage stress, anger and frustration in their lives.

"Young people are the future of our community. We are determined to help our WA young people lead positive, productive and inclusive lives and welcome The Meditation College support of this endeavour."





Young Women's & Men's Program

Edventures WA has had a successful final quarter for the 2014 year. We maintained high participant attendance through to the end of the year. We are pleased with this result because it endorses the quality of our program content and ability of our Program Co-ordinators to secure lasting engagement from our student participants.

Our Program Co-ordinator team also focused on improving and expanding the effectiveness of the Young Women's and Men's Program content. In particular, we have enhanced program content to assist young people to manage the inevitable peer pressure associated with the use of alcohol & drugs and to appreciate that difficult times pass through focusing on the positive aspects of their lives.

Edventures believes self-esteem and related resilience are critical to minimising stress as young people transition into high school. Specifically, weekly sessions focused on more challenging issues that Edventures WA participants were likely to face during the next chapter of their lives, including:

- Drugs and alcohol;
- Boundaries & protective behaviours;
- Being safe; and
- Making positive choices.

Mr Brayden Zeer said;

“Our Young Women's and Men's programs finished the year with our traditional dinner at Sizzler and a graduation ceremony to celebrate and recognise all that has been achieved by the amazing young people this year.

“Parents that attended the graduation ceremony commented on how meaningful this program has been for their children with one parent saying; “Thank you everyone, my daughter is developing into a confident young woman and Edventures and the program has been a significant part of that.”



“My son needed a strong male role model and you have provided that for him, thank you Edventures”

~ MOTHER YOUNG MEN'S PROGRAM



POSITIVELY INFLUENCING YOUNG LIVES

In 2015 Edventures WA will be conducting the Young Women's & Young Men's program with the support of ...



New Staff Join the Edventures Family

Christine Hugget – “I want to help young people reach their full potential and give back through this amazing organisation”

Thanks to our Partners and Supporters

Edventures WA is very fortunate to receive funding and collaborative support for our programs and events from businesses that share the Edventures WA objective of supporting and developing programs that support youth to make positive life choices and improve the WA community. Our Partners have enabled our organisation to help more people.

If you would like to become an Edventures WA Partner, please contact our President **Adam Boyd** on: **0439 888 103**.

A big thank you to our sponsors for continuing to support and enhance WA's future prosperity.



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