

Let's Talk's Golden Challenges

The Golden Challenges are skills you can use every day at home and in school. They are tricky to apply but if used regularly can help you build courage, boost your wellbeing and help create a harmonious community where we can all feel valued and safe.

1. Press Pause



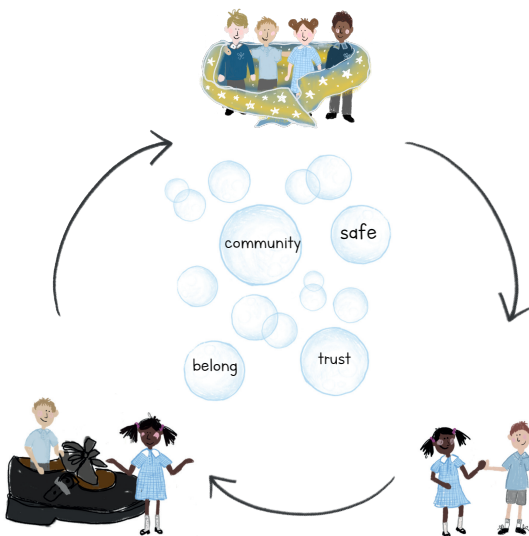
1. Spot the emotion
2. Press Pause
3. Breathe
4. Act

4. Talk Partner Masters



"It is OK to disagree so long as we are not disagreeable."

2. Circle of Kindness



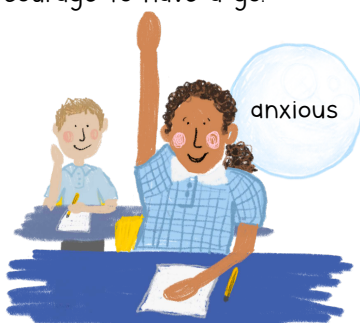
5. Collaboration



Include and support
Delegate effectively
Active listening
Press Pause if triggered

3. The Arena

The Arena is the place where you find the courage to have a go.



6. Courageous Presenting

1. Press Pause
2. Stand tall
3. Loud and clear
4. Pause and connect

