**PRESS RELEASE – FOR IMMEDIATE RELEASE**

**Sydney, 19th August 2021**

High Schools to receive free access to proven Emotional Agility and Resilience Program

Whilst more than 8 million Australians are in lock down and other parts of the nation under varying restrictions, Covid is not the only pandemic Australia will face in 2021.

You only need to review the latest statistics on the number of people accessing services from organisations such as Lifeline, Beyond Blue and The Black Dog Institute.

The general well-being and mental health of our nation is at risk of significant deterioration, and what’s more concerning are the number of young people who end up hospitalised or worse as a result.

One organisation, who is known for providing innovative and engaging programs designed to develop emotional agility and resilience for elite sports teams and businesses, is offering complimentary access to its proven high schools emotional agility and resilience to any school in Australia until December 2021.

The XVenture Schools Program, designed for years 10-12, was originally piloted in 2016 and then rolled out to more than 400 students across NSW in 2019. The program, which is facilitated by teachers from participating schools, consists of six stages, ideally delivered over 12-16 weeks. It combines face-to-face, experiential, reflective practice and employer integration components.

In late 2020 the XVenture team revamped the program to make it accessible, to both educators and students in an online environment, with face-to-face components delivered via a school’s remote- teaching solution.

The creator of the program, XVenture’s founder and emotional agility mind coach, Mike Conway says, “It’s been suggested for some time that people with higher levels of emotional agility are better leaders and better equipped to deal with change and pressure. Using a diagnostic tool and the students’ reflective essays, not only have we seen improved confidence and composure but also better communication and acknowledgement of their areas of development. Students have recognised they have the most powerful impact on their performance and not outside factors,” added Mr Conway.

Of the experience in 2019, Magdalene Catholic High Schools, Assistant Principal, Jennifer Foldes said: “We have seen the positive outcome of the program in building emotional intelligence, resilience and leadership skills in students. The program is designed using experiential learning and offers students the opportunity to work in teams collaboratively and build their social skills.”

If due to continued restrictions, schools are unable to complete the experiential team- based component on campus, XVenture will make its online Virtual reality team building solution available to participating schools for a nominal fee.

To find out more about the program, or for schools to get complimentary access, they simply need to go to [www.xventureschools.com](http://www.xventureschools.com) and provide requested details.

To download an Infographic, click [HERE](https://vrlearningagency.com/Infographic_Schools%20Complimentary%20170821.pdf).

About XVenture:

[XVenture](https://www.xventure.com.au/) are experts and innovators in the team, leadership and personal development space, with a track record that has taken them around the globe. Their work has been seen from the largest to smallest screen, and includes the creation of the successful TV series ‘XVenture Corporate Challenge’ and ‘XVenture Family Challenge’’. XVenture’s tailored multi-media and experientially-based neuro-behavioural programs are hugely successful in elite business, entertainment, education and elite sport. XVenture’s current work includes emotional agility and mind coaching for the Australian National Soccer team and three seasons with record-breaking A-League club, Sydney FC. In response to the restrictions posed by the pandemic, XVenture developed an online-based virtual reality high performance team solution, XVenture Mind Games.

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