

# THE **BetterMe** PROJECT

**Using the lens of  
neuroscience to  
create Better  
Humans!**



A school-based  
program, aligned  
with the  
Australian  
Curriculum  
General  
Capabilities  
Framework,  
catering from  
Prep to Year 12

[www.better-me-project.com](http://www.better-me-project.com)



## Why?

Michelle Loch  
CEO and Founder  
Leading Humans

Author of the  
BETTER ME PROJECT



It has long been a passion of mine to bring the work I do with adults and school leaders to our kids. Being a 'human' today is difficult. More and more our brains are in survive mode rather than thrive mode. Whilst we need to learn how to be fully functional in this VUCA\* world as adults, our kids are going to need it more.

I've been purposeful in aligning this program with the requirements of the **Australian Curriculum V9 – General Capabilities** requirements and it will support your **Social and Emotional learning** programs as well as **Respectful Relationships curriculum**. Each module will clearly outline how its content connects with these frameworks.

I've focused on providing a program that any teacher can pick up and run with – detailed teacher guides, presentation slides, online additional learning, professional actors delivering key content via video, links to videos, articles and 'real world' examples, and hands on, fun and practical activities for the students. The key success factor in this program is how the teacher shows up, engages students and helps students to reflect and see the value of real-world application of the strategies to improve their lived experience and contribute to their future life success.

The schools I work with and have been trialling this program with have been heavily involved in guiding me and contributing great ideas so that we can be sure to target the right content with the right age group and their human age-related challenges. I thank those schools and the wonderful teachers in them for their past and on-going support as we continue to develop and evolve the program.

***We'd love to have you onboard for this journey!***

## Why this, why now?



Managing student behaviour and dealing with parents is a major contributor to workload burden and educator/principal/student well-being challenges. We know that humans will only change their behaviour when they change their thinking, and when they see the value and benefit in that change for themselves and for those that are important in their lives – and that goes for little humans as well as big humans.

Whilst data collection, systems and processes play a part in meeting this challenge, we need a systemic, cultural whole-of-school community approach that will change the students' perception and understanding of themselves and the world from the inside out.

The BETTER ME PROJECT will support students to develop this 'way of being' through a linked, layered and consistent program that will give students, educators and parents the language and frameworks to have the conversations they need to have to get control of student behaviour and to manage the implications of our current socio-economic challenges on how students, and teachers, show up at school. We need to help everyone in the school community to navigate the complexity of being human in this complex VUCA world (volatile, complex, uncertain and ambiguous).

All human behaviour is normal. It's just not always useful. All human behaviour is driven by a need to protect oneself – social protection as well as physical protection. Once this is understood, we are better placed to self-manage and develop the personal strategies for self-leadership: self-awareness, self-management, social awareness and social management.

When teachers teach this content, they are also exposed to the new thinking and frameworks and will be motivated to role-model the same behaviours – they too will develop their self-leadership capability. Students and teachers will develop a shared connection and way of being that will powerfully underpin the education experience for all. That's why this, and why now!



## More about the project

The **BETTER ME Project** for students is a self-leadership and well-being 'project' that provides a neuroscience-based, practical structure for students from Prep to year 12 to become a BETTER version of themselves. It aims to support students to reflect on who they are and who they want to become using neuroscience and an understanding of how the human brain works as a lens for this exploration.

Students will learn how their brain is developing over time and how it influences their thinking and behaviour. They will learn how to use evidence-based strategies to improve their life experience to understand and modulate their impact on others. Importantly, they will also learn how to self-manage the impact other humans and circumstances have on them i.e. resilience, self-leadership, powerful communication strategies.

As students come to understand the 'science of humans' they appreciate what it means to be a human, and they come to understand that whilst humans are amazing, we also have limitations that can catch us unaware BUT that we have the power to create our own lived experience and take control of how our brain grows and develops over time.



## What do we 'get'?

The BETTER ME Program is divided into Units e.g. Wise ME, Friend ME, Learner ME. Each unit is made up of four (4) modules, and each module can be delivered over multiple lessons depending on the length of the lessons and the variety of activities you decide to engage in around a particular topic – you can go light, or you can go deep.

Each unit comes with ...

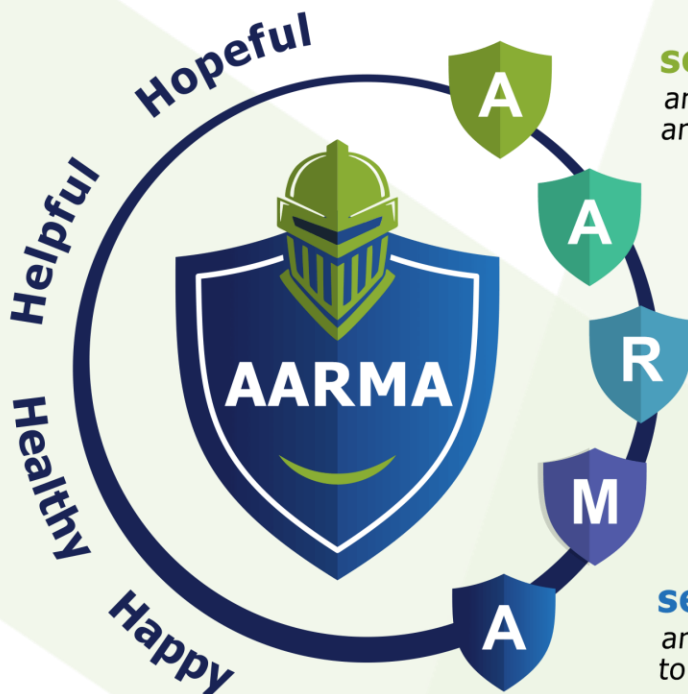
- **Comprehensive teacher guide** with suggested activities, discussion points, facilitation tips, and 'critical, metacognitive thinking and discussion questions' to pose to the students along with suggested responses and key messages to draw out
- Engaging and vibrant **Microsoft PowerPoint presentation slides** and **downloadable student activities** to get students involved and moving around the room
- BETTER ME module **content videos with Professional Australian Actors** and animation sequences to deliver the foundational concepts for each module to the students **so that teachers can focus on student engagement, discussion, and reflection**
- Downloadable **student workbook** and **activity handouts**
- **Teacher support portal** with accreditation programs and additional learning resources for teachers to expand teacher knowledge base and confidence in working with the neuroscience-based content
- **School support package** including a personalised onboarding process and on-going support mechanisms.



## The Framework

Helping students build the Human AARMA that will protect them and help them succeed in the big world!

**The BETTER ME Program AARMA framework** is the central idea that features in all units and modules. It focuses attention on the four 'human' outcomes: for students to be Happy, Healthy, Helpful and Hopeful, using the five self-leadership AARMA strategies: Awareness, Accepting, Regulated, Motivated and Accountable.



### self-AWARE

and AWARE of your impact on other humans and how other humans are impacting you

### self-ACCEPTING

and ACCEPTING of other humans and of circumstances beyond your control

### self-REGULATED

and able to support other humans to self-REGULATE

### self-MOTIVATED

and MOTIVATED to work and collaborate with other humans

### self-ACCOUNTABLE

and able to hold other humans ACCOUNTABLE to being kind, respectful and reliable



## Purchasing

### READY FOR PURCHASE

SOCIAL Me (Yrs 7 and 8)\*

WISE Me (Yrs 9 and 10)

PROACTIVE Me (Yrs 11 and 12)

*\*recommended year levels but appropriate for all high school years)*

### READY FOR START OF 2025

BRAINY Me (Yrs 4 - 6)\*

FRIEND Me (Yrs 4 - 6)

EMOTION Me (Yrs 7 and 8)

LEARNER Me (Yrs 9 and 10)

HUMAN Me (Yrs 11 and 12)

COACH Me (Yrs 11 and 12)

*\*recommended year levels but appropriate for all high school years)*

## Until November 2024

*Purchase 3 units and get \$500 discount off each unit OR extend your licence from 3 years to 4 years.*

BETTER ME – YEARS 7 TO 10 - RECOMMENDED MODULES

YEAR 7	EMOTIONAL ME	HOPELESS HUMANS	THINKING BRAIN	EMOTIONAL BRAIN	HABIT BRAIN
YEAR 8	SOCIAL ME	THE SOCIAL BRAIN	HUMAN RIGHTS AND RESPONSIBILITIES	IMPACT VS INTENTION	FROM WALLOW TO WHY
YEAR 9	WISE ME	MASTERPIECE IN THE MAKING	DEVELOPING WISDOM	WISDOM WHISPERING	THE WISE 'INFLUENCER'
YEAR 10	LEARNER ME	HOW THE BRAIN LEARNS	BRAIN-FRIENDLY GOALS, STUDY AND LEARNING	META-COGNITIVE LEARNING	HEALTHY LEARNING



The **BETTER ME PROJECT Program** is designed to align with the Australian Curriculum Version 9 – General Capabilities Framework and the Respectful Relationships Framework

## General Capabilities

Each module will come with a matrix outlining Unit Alignment to the General Capabilities curriculum.

	UNITS								
	Brainy ME	Friend ME	Leader ME	Resilient ME	Social ME	Emotion ME	Calm ME	Wise ME	Learner ME
<b>SELF-AWARENESS</b>									
Personal awareness	●	●	●	●	●	●	●	●	●
Emotional awareness	●	●		●		●	●	●	
Reflective practice	●	●	●	●	●	●	●	●	●
<b>SELF-MANAGEMENT</b>									
Goal setting									
Emotional regulation		●							
Perseverance and adaptability		●							
<b>SOCIAL AWARENESS</b>									
Empathy									
Relational awareness			●						
Community awareness			●						
<b>SOCIAL MANAGEMENT</b>									
Communication			●						
Collaboration			●						
Leadership			●						
Decision-making			●						
Conflict resolution									

Sample of Curriculum alignment provided with each module.



## Prep to Year 4

*(under conceptdevelopment – updates coming soon – email [team@leadinghumans.com.au](mailto:team@leadinghumans.com.au) register your interest)*

# BetterMe



**YEAR 5**

**YEAR 6**



UNDERSTAND

DISCOVER

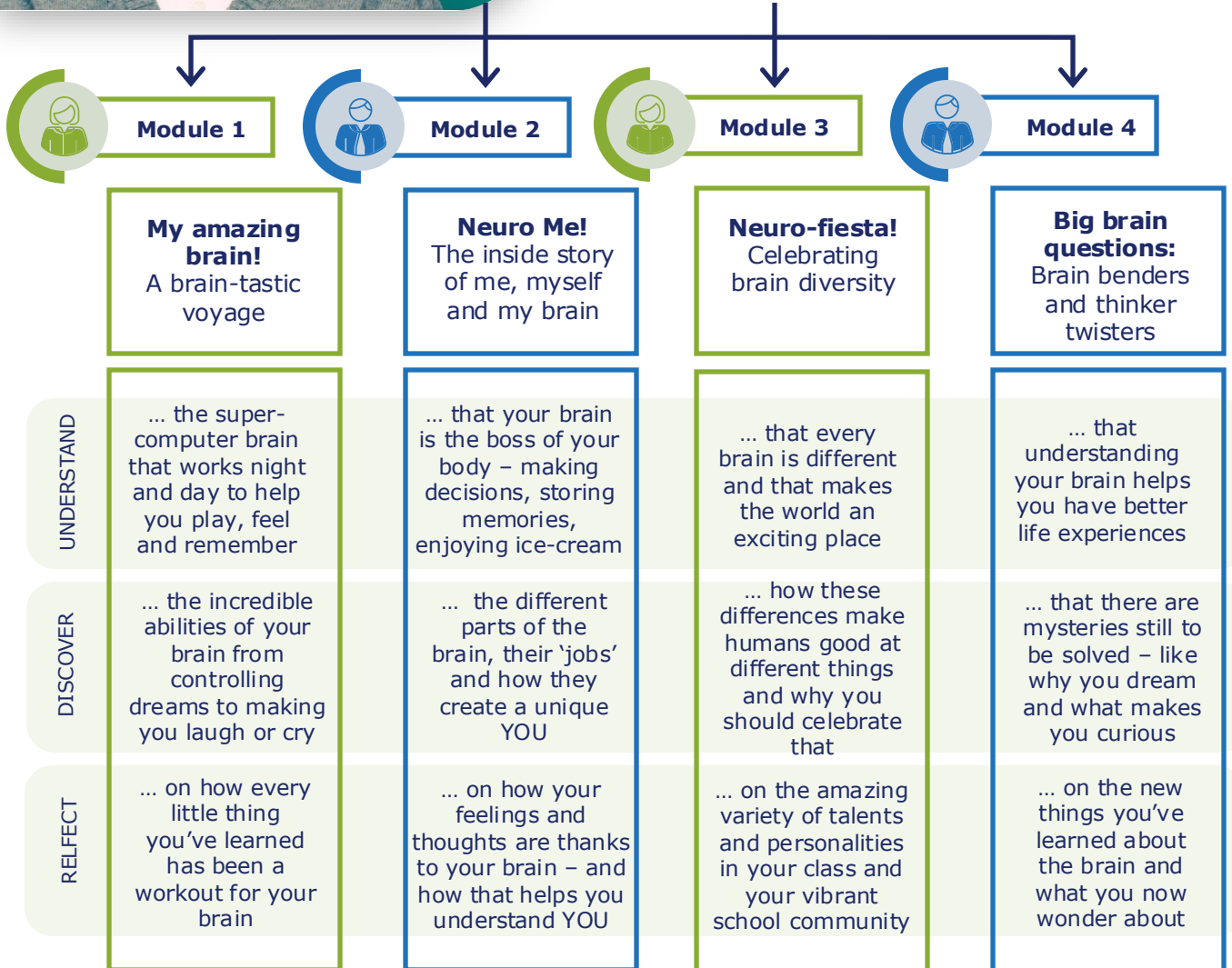
REFLECT

## Understanding 'human' through the lens of brain science!

... that your brain is at the core of everything you do, feel and think – it's your personal command centre guiding you through the adventures of life.

... the wonders of the human brain, from the electric maze of neurons that power thoughts, to the rich tapestry of emotions and diverse abilities.

... on the power of your brain and how it influences how you see yourself and others and ponder its endless possibilities.



MEME: My brain is MY business

AARMA focus: AWARENESS and ACCEPTANCE



## Creating a friendship force that can 'team up for tough times'!



UNDERSTAND

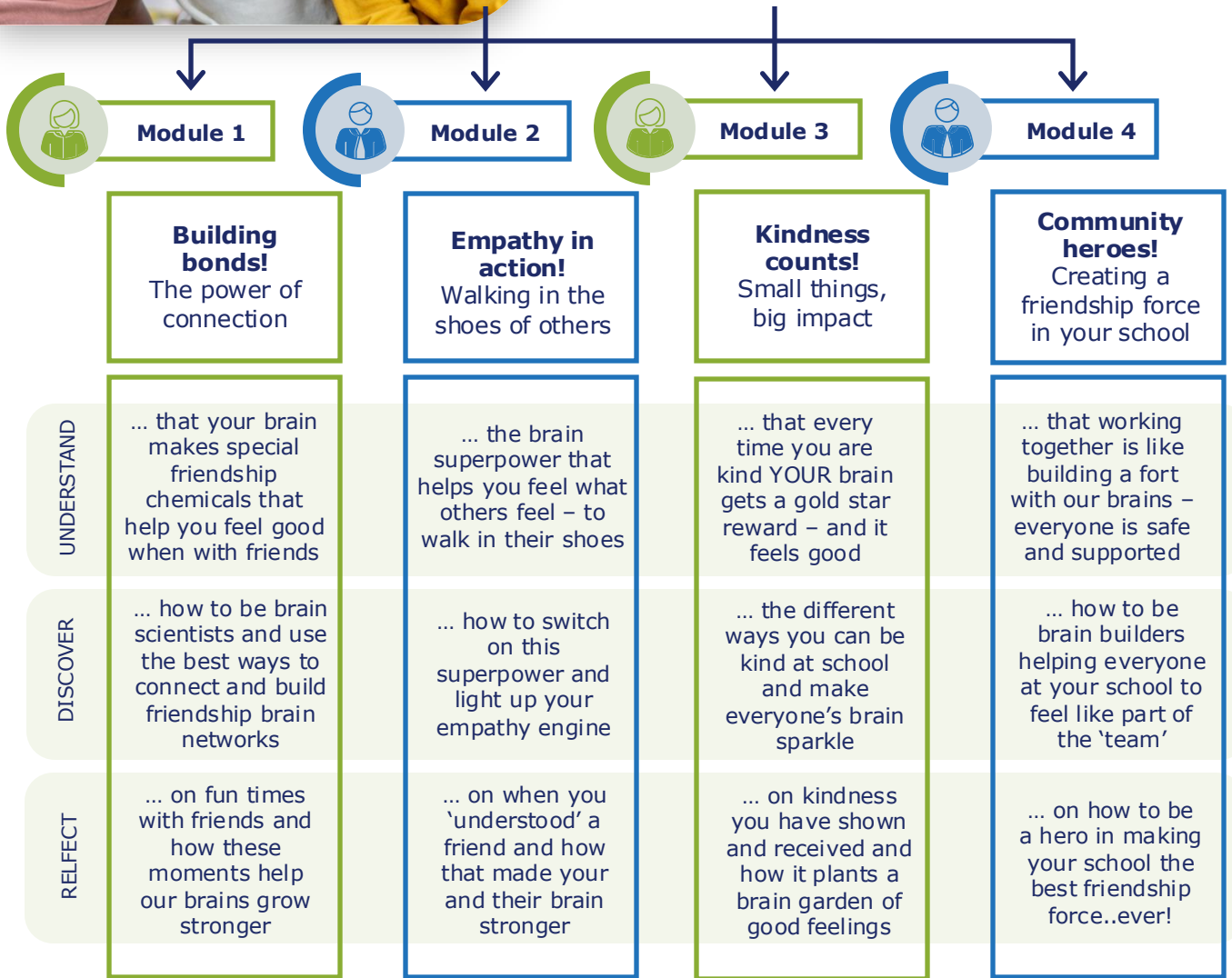
... how being a good friend can make your brain happier and healthier – and why you do your best to make sure everyone has a friend.

DISCOVER

... cool ways your brain helps you to care about others and share in their feelings.

REFLECT

... how you can use your brain's superpowers and your super-classmates to spread good vibes and make your school a friendlier place.



MEME: Embrace my Empathy Engine / Friendship Force

AARMA focus: ACCEPTANCE and ACCOUNTABILITY





## Thinking differently about being a leader at school!

UNDERSTAND

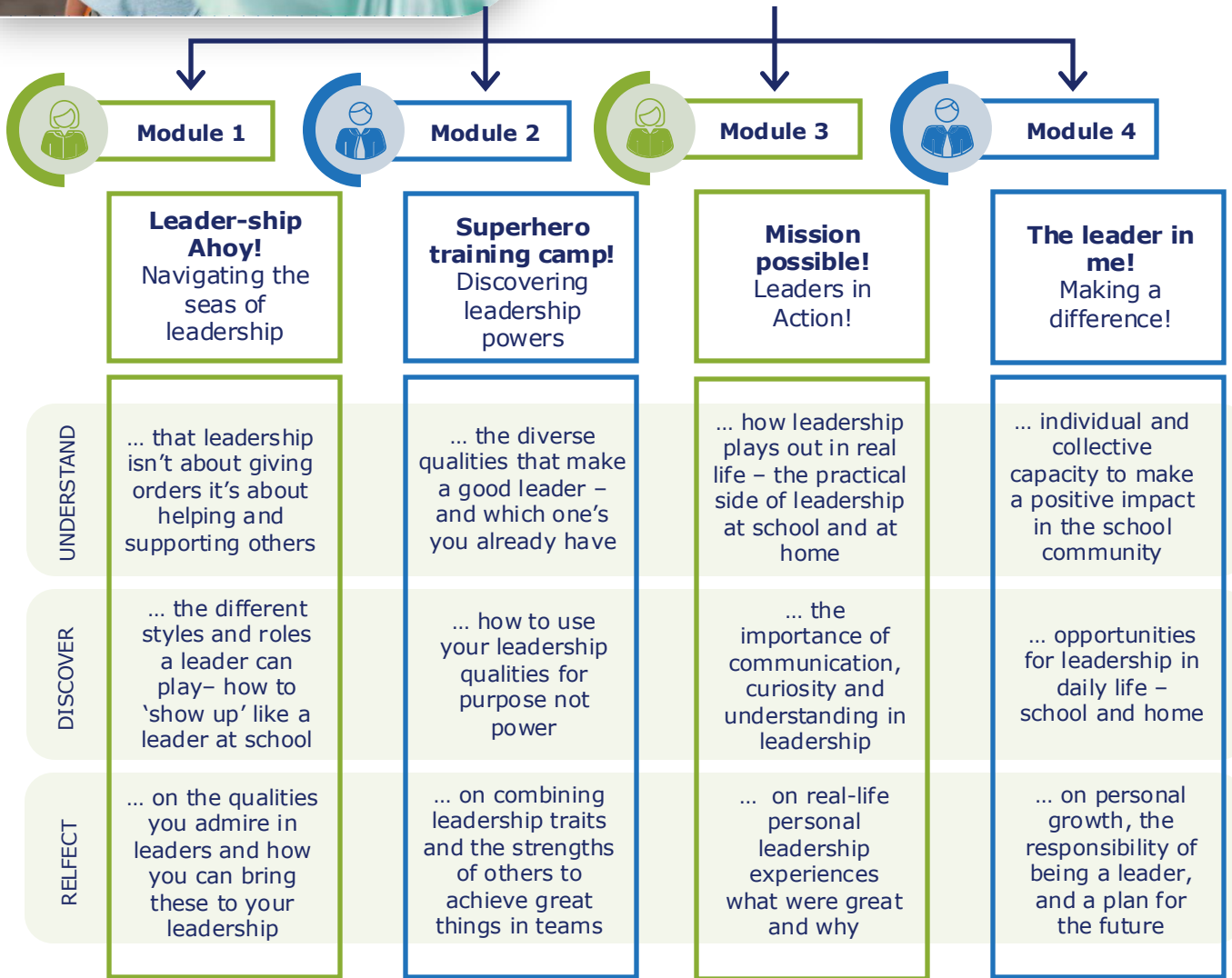
... that everyone can be a leader, and recognising that leadership is a blend of qualities and actions that inspire and support others.

DISCOVER

... your personal potential to lead, identifying personal strengths and how to positively contribute to your class and school community.

REFLECT

... on personal experiences and lessons learned from other leaders, understanding how actions can influence and guide others in a positive direction.



MEME: Facilitating Awesome / Purpose not Power

AARMA focus: ACCEPTANCE and MOTIVATION



# BetterMe



**YEAR 7**

**YEAR 8**

Contributing positively to a better and safer world!



UNDERSTAND

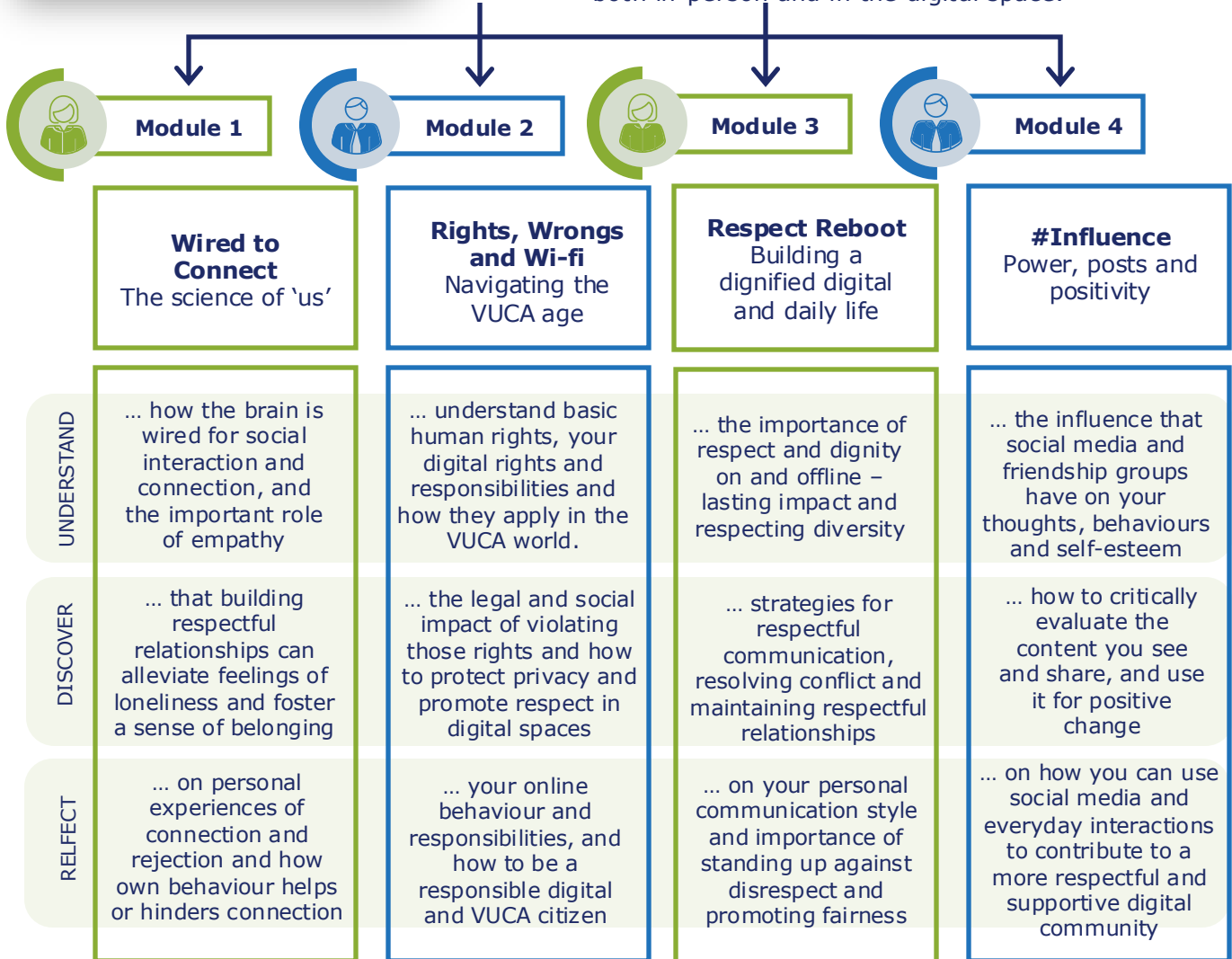
DISCOVER

REFLECT

... understand the role of empathy, respect and dignity in fostering respectful relationships and how your actions impact you and others in a digital and social context.

... strategies for building and maintaining respectful relationships by exploring the science of social connections, understanding your digital rights and responsibilities, and evaluating the influence of social media on your behavior and self-esteem.

... on your personal and digital interactions, assessing how your behaviours align with promoting a supportive, respectful, and dignified community, both in-person and in the digital space.



MEME: Impact vs Intention / Choice = Consequence

AARMA focus: AWARENESS, MOTIVATION and ACCOUNTABILITY





## Developing resilience through brain-friendly thinking!



UNDERSTAND

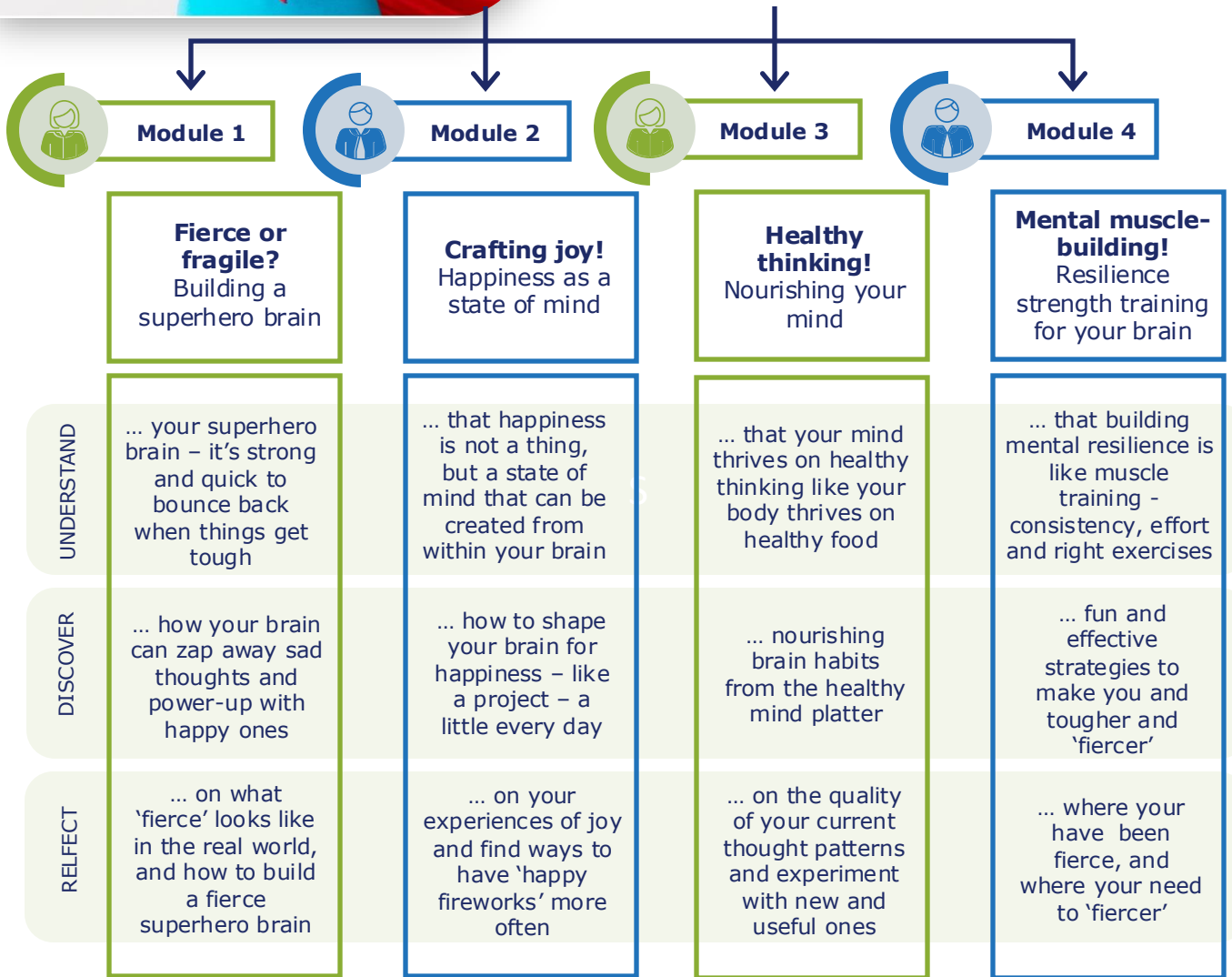
DISCOVER

REFLECT

... the 'building blocks' of a strong and resilient mind and that resilience comes from the habit of healthy thinking in ways that work for the brain.

... practical ways to create a more resilient and joyful life.

... on personal thinking habits – healthy or not – and on new habits to develop to be more resilient and improve your life experience.

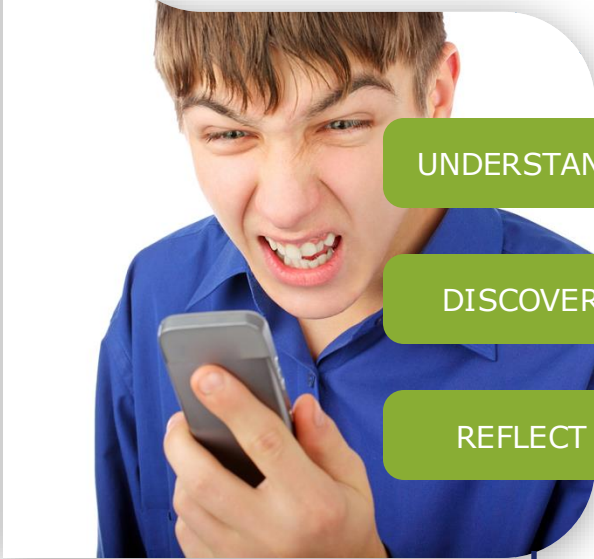


MEME: Fierce not fragile

AARMA focus: AWARENESS and REGULATION



Using my emotions to help me be better at being human!



UNDERSTAND

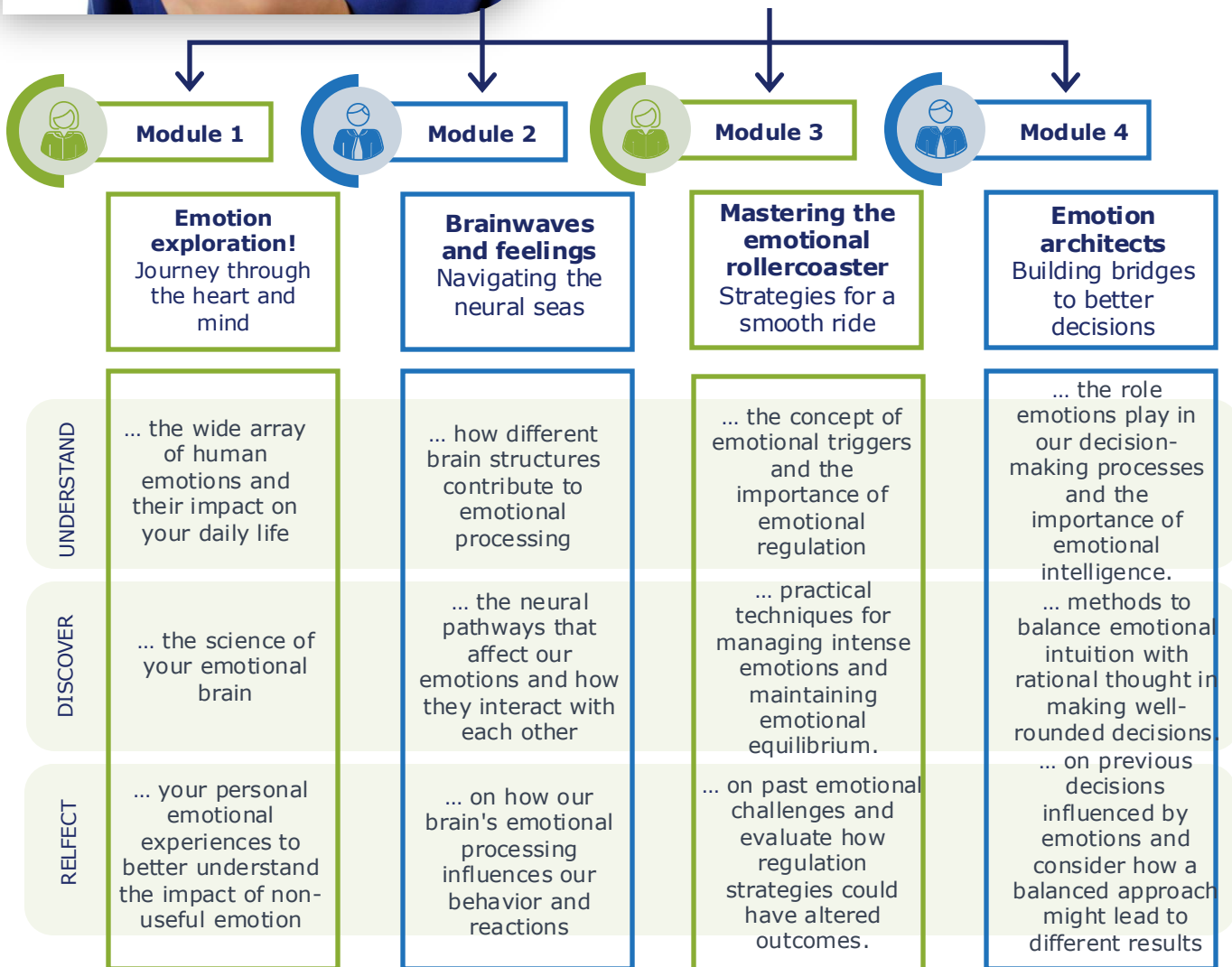
DISCOVER

REFLECT

... the fundamental nature of emotions and the brain's role in shaping your emotional experiences.

... how to harness emotional intelligence for personal growth and better decision-making.

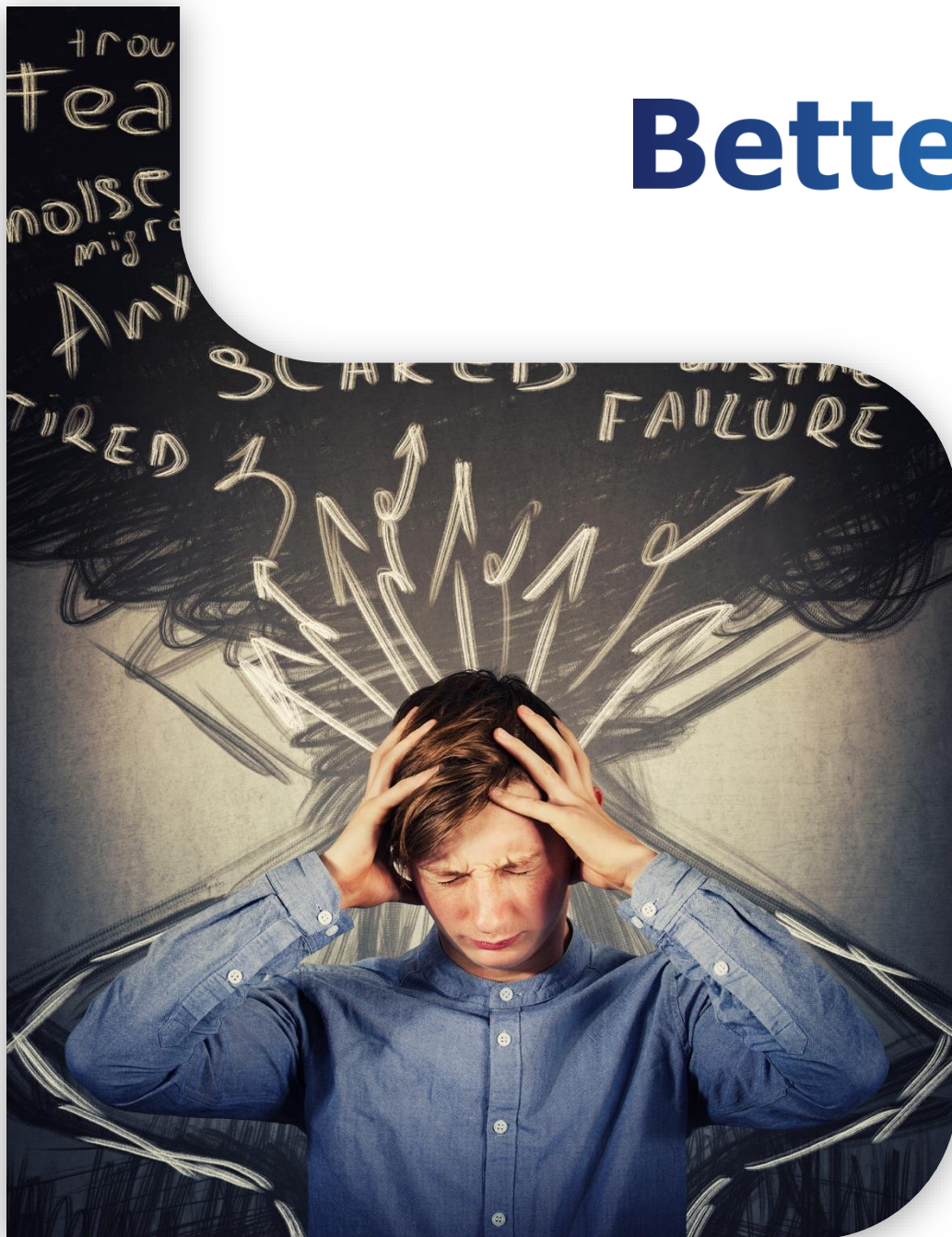
... on the see-saw connection between the emotional brain and the thinking brain and how to 'traffic light' your emotions so you can access your thinking brain.



Impact vs Intention / Wise vs Willful / Choice = Consequence

AARMA focus: AWARENESS and REGULATION





**YEAR 9**

**YEAR 10**



## How to stop doing dumb stuff!

UNDERSTAND

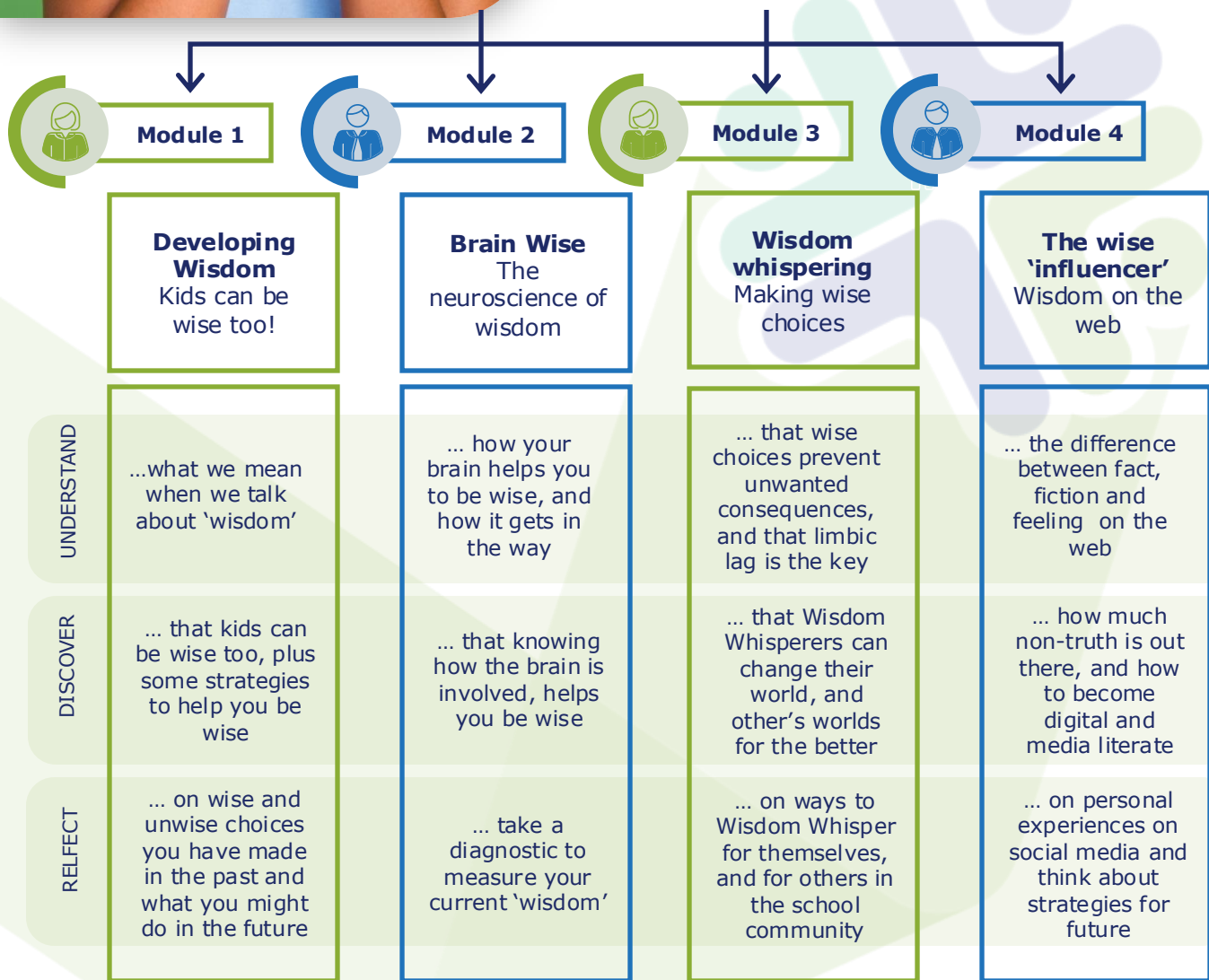
... how the brain helps you to be wise, and how it interferes with wise choices and decisions.

DISCOVER

... strategies to proactively develop wisdom in your brain.

REFLECT

... on the things in your world that are challenging your ability to be wise and experimenting with strategies to build wisdom.



Memes: Wise or Wacky / Choice = Consequence

AARMA focus: AWARENESS, REGULATION and ACCOUNTABILITY



Creating happiness as a state of being!



UNDERSTAND

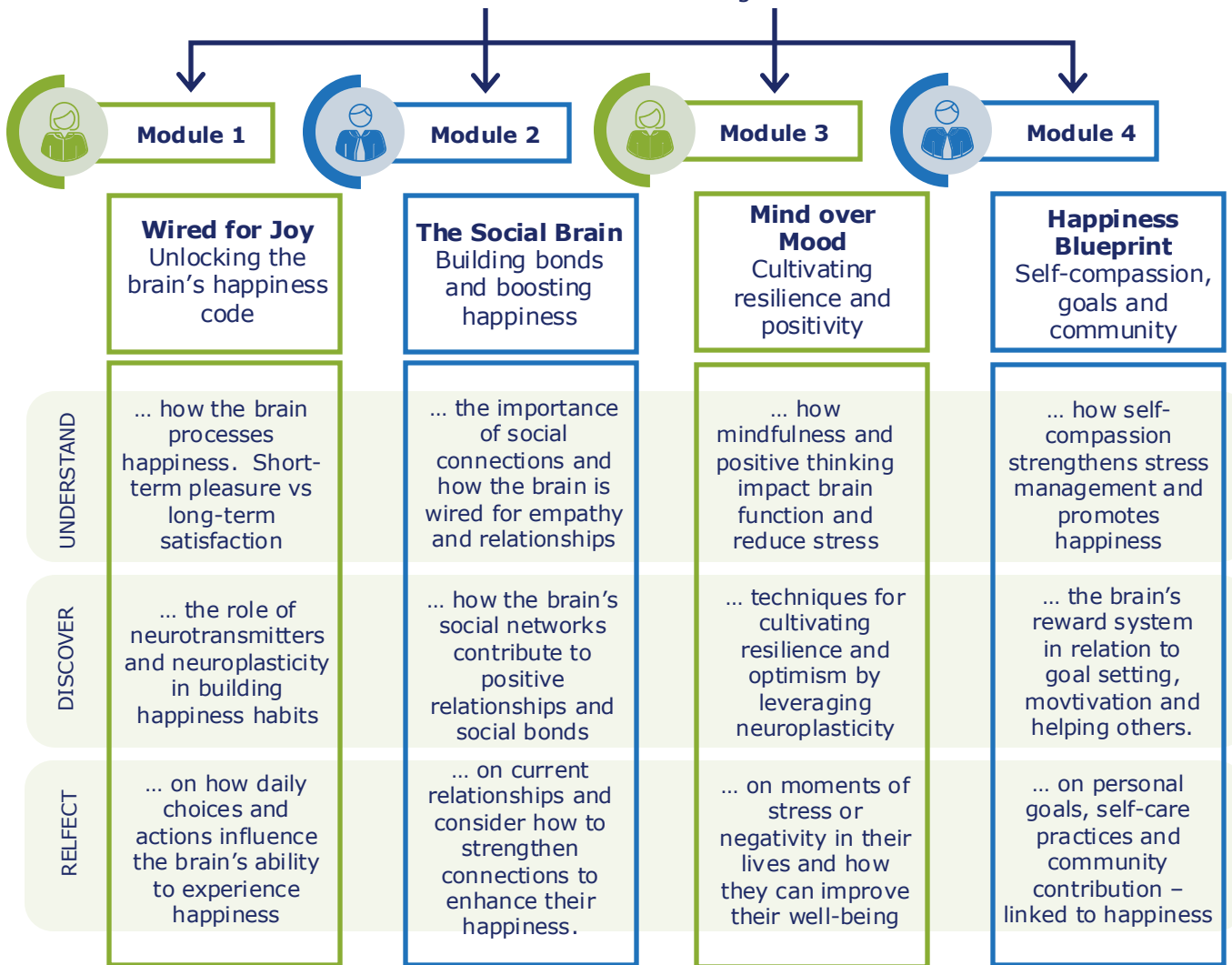
DISCOVER

REFLECT

... that happiness is a mindset not a feeling and how the brain influences happiness, fostering long-term well-being and happiness regardless of circumstances.

... practical strategies to build and sustain happiness, such as cultivating positive relationships, practicing mindfulness, setting meaningful goals, and contributing to their community.

... on their personal experiences, habits, and relationships, considering how their actions and mindset impact their happiness and overall well-being, and how they can apply these insights to lead a more fulfilling life.



MEME: Limbic vs Logic / Traffic Light

AARMA focus: AWARENESS and REGULATION





## Learning how the human brain learns!

UNDERSTAND

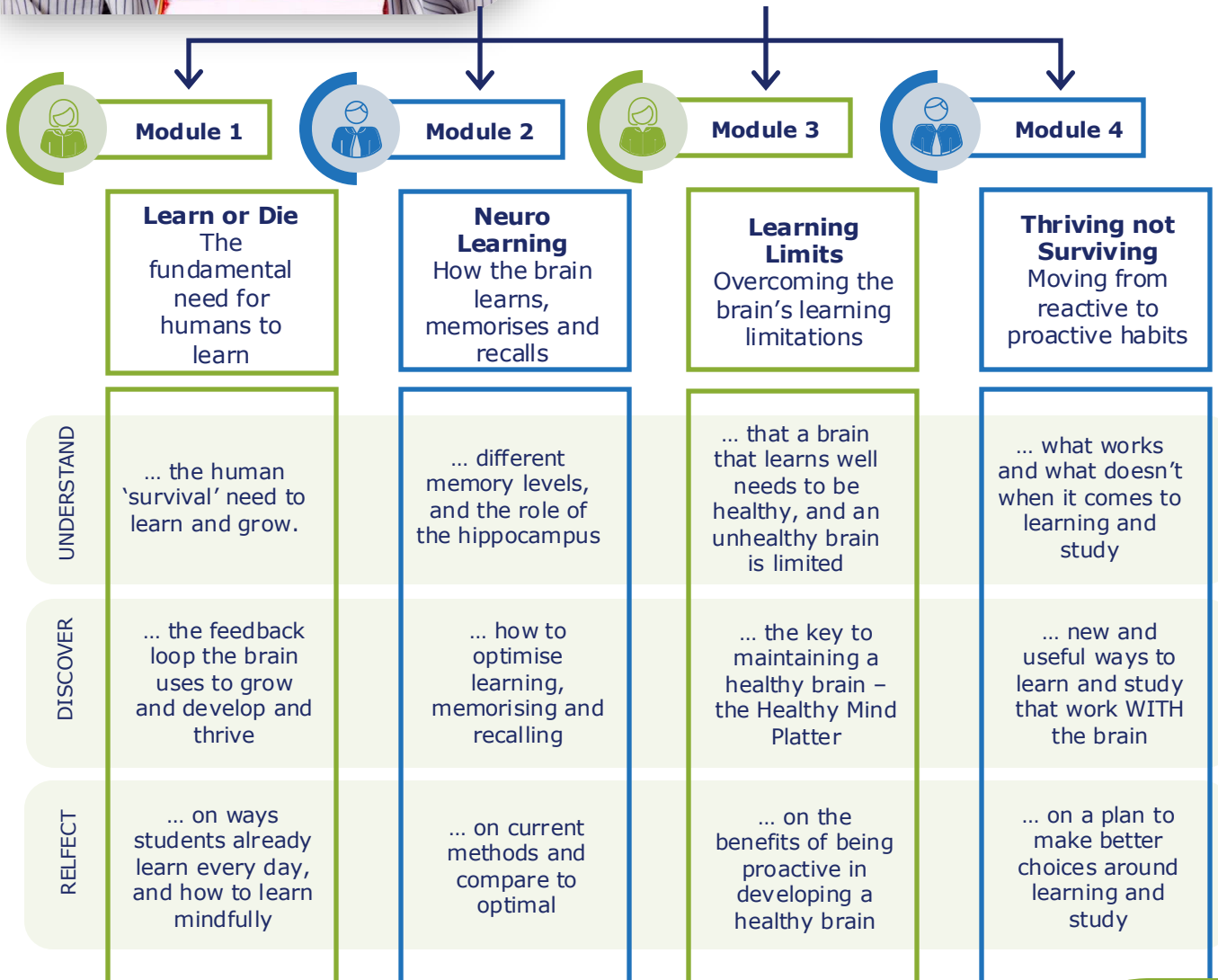
... the role of the key areas of the human brain that involved in learning, memory and recall and it's primitive foundations.

DISCOVER

... strategies to enhance learning, memory and recall.

REFLECT

... on personal study habits and experiment with new approaches, building brain-friendly habits in the process.



Thriving not Surviving / Choice = Consequence

AARMA focus: MOTIVATION and ACCOUNTABILITY



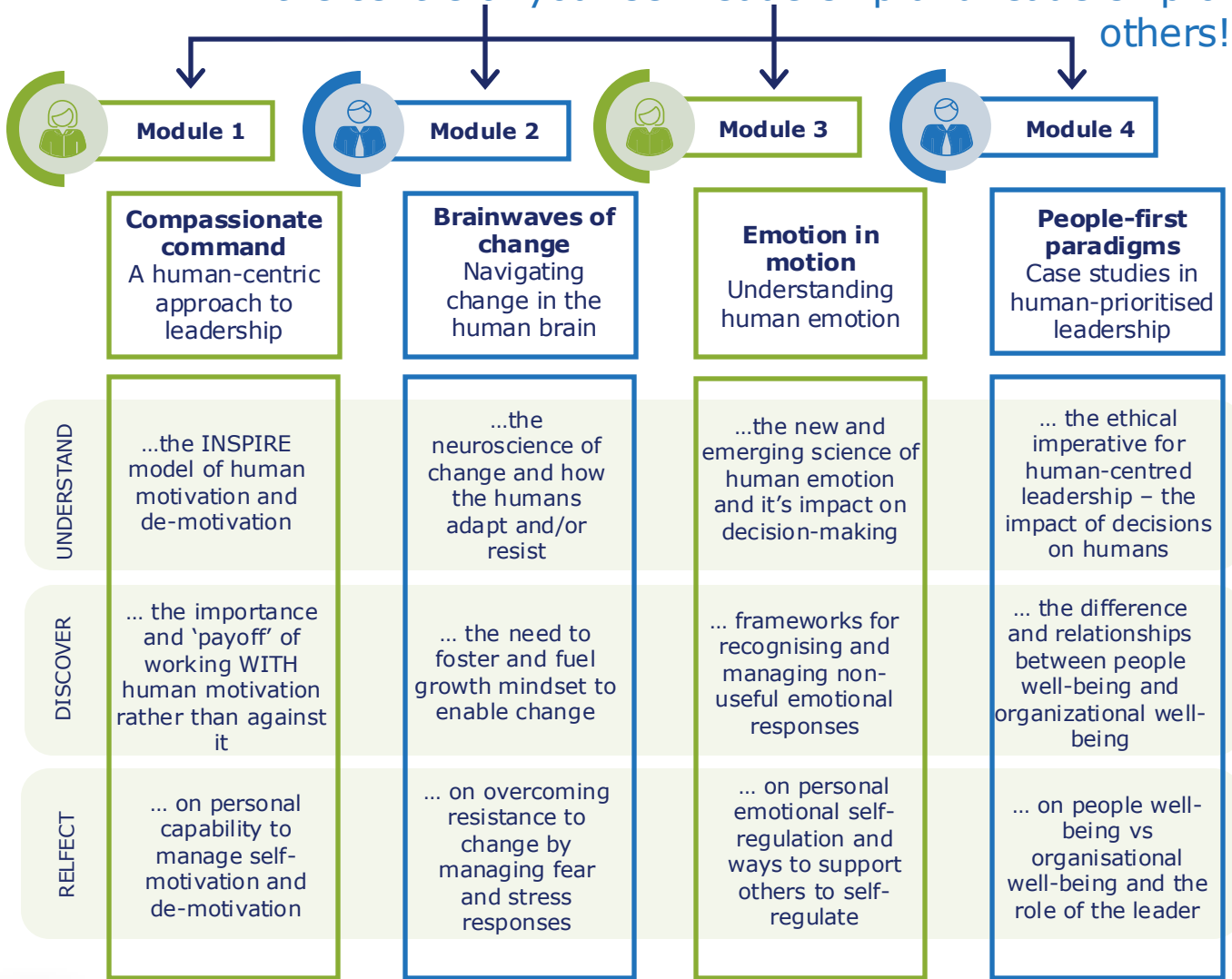
**BetterMe**



**YEAR 11**

**YEAR 12**

Leading with Humanism: Putting human motivation at the centre of your self-leadership and leadership of others!



UNDERSTAND

... the need for a human-centred approach to self-leadership and leadership of others

DISCOVER

... the new science of humans that is changing the way we think about how we think, behave, communicate and lead

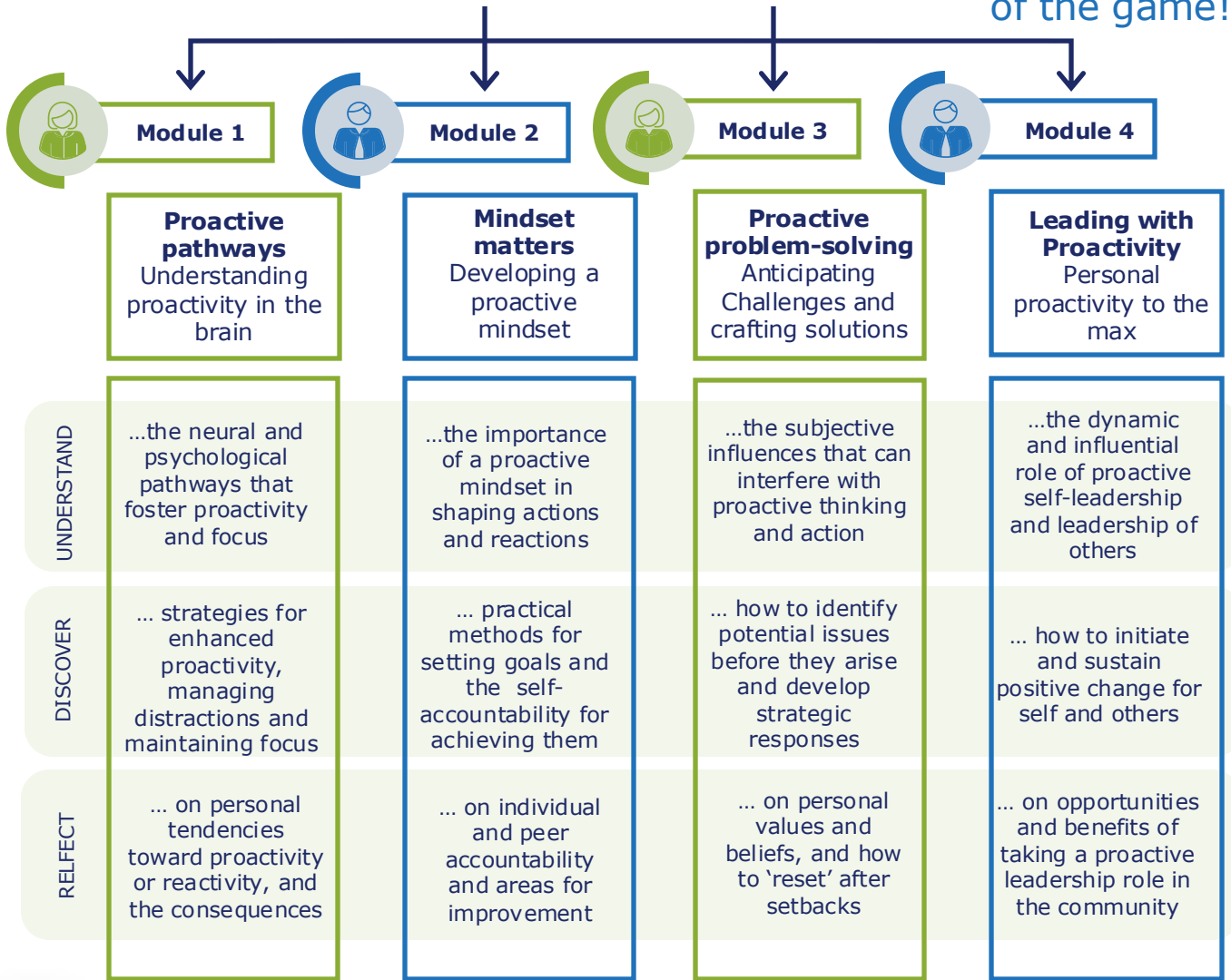
REFLECT

... on the alignment of IMPACT vs INTENTION when reviewing own behaviour and the behaviour of others





## Leading with Proactivity: Getting and staying ahead of the game!



UNDERSTAND

... the foundations of proactive behaviour and self-leadership through the lens of neuroscience and psychology.

DISCOVER

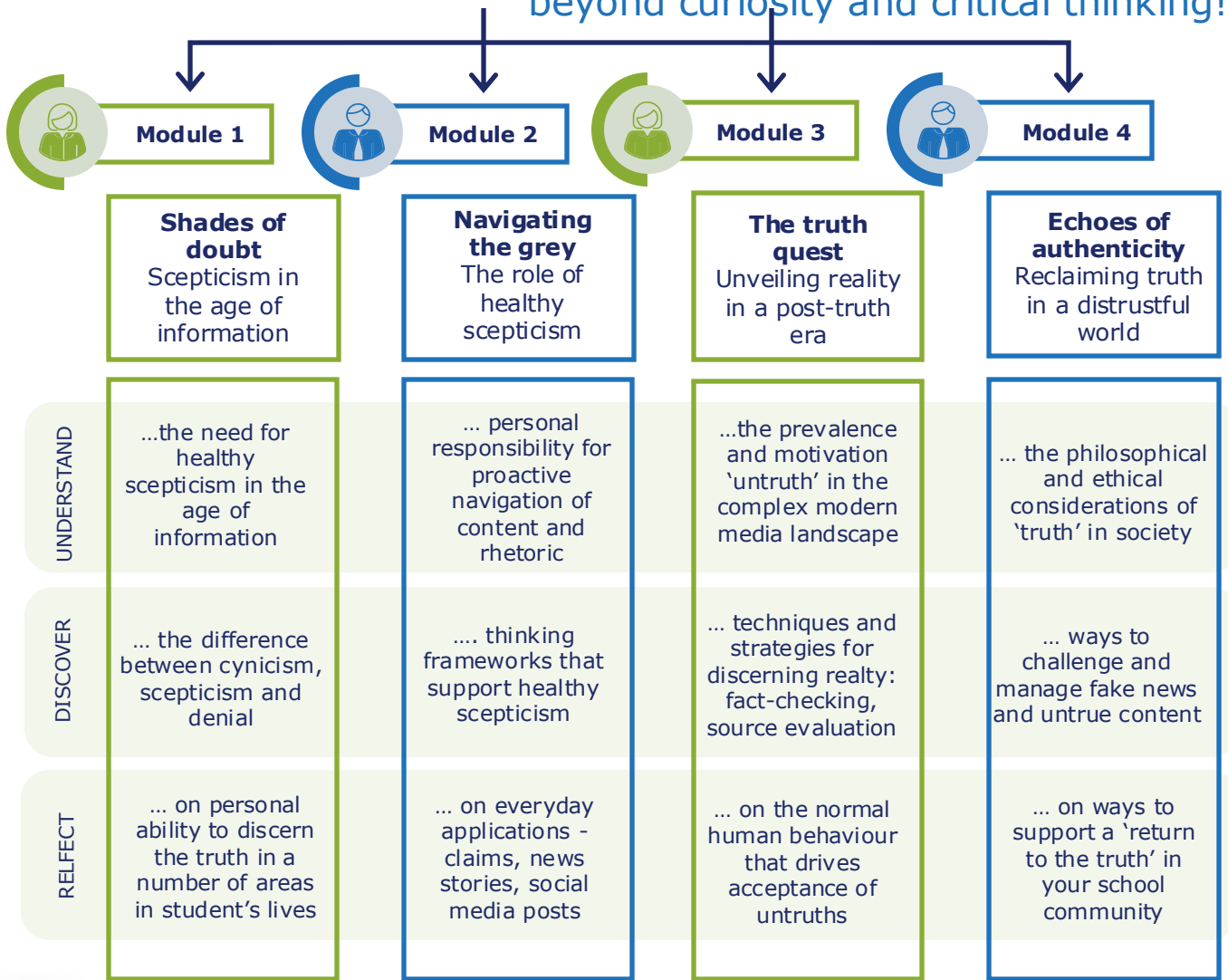
... practical applications of proactivity in daily life, leadership roles and collaborative settings.

REFLECT

... on personal levels of proactivity and leadership and experiment with the benefits of operating from a proactive mindset.



## Leading with healthy scepticism: Operating beyond curiosity and critical thinking!



UNDERSTAND

... the difficulty humans have in telling, hearing and finding the truth

DISCOVER

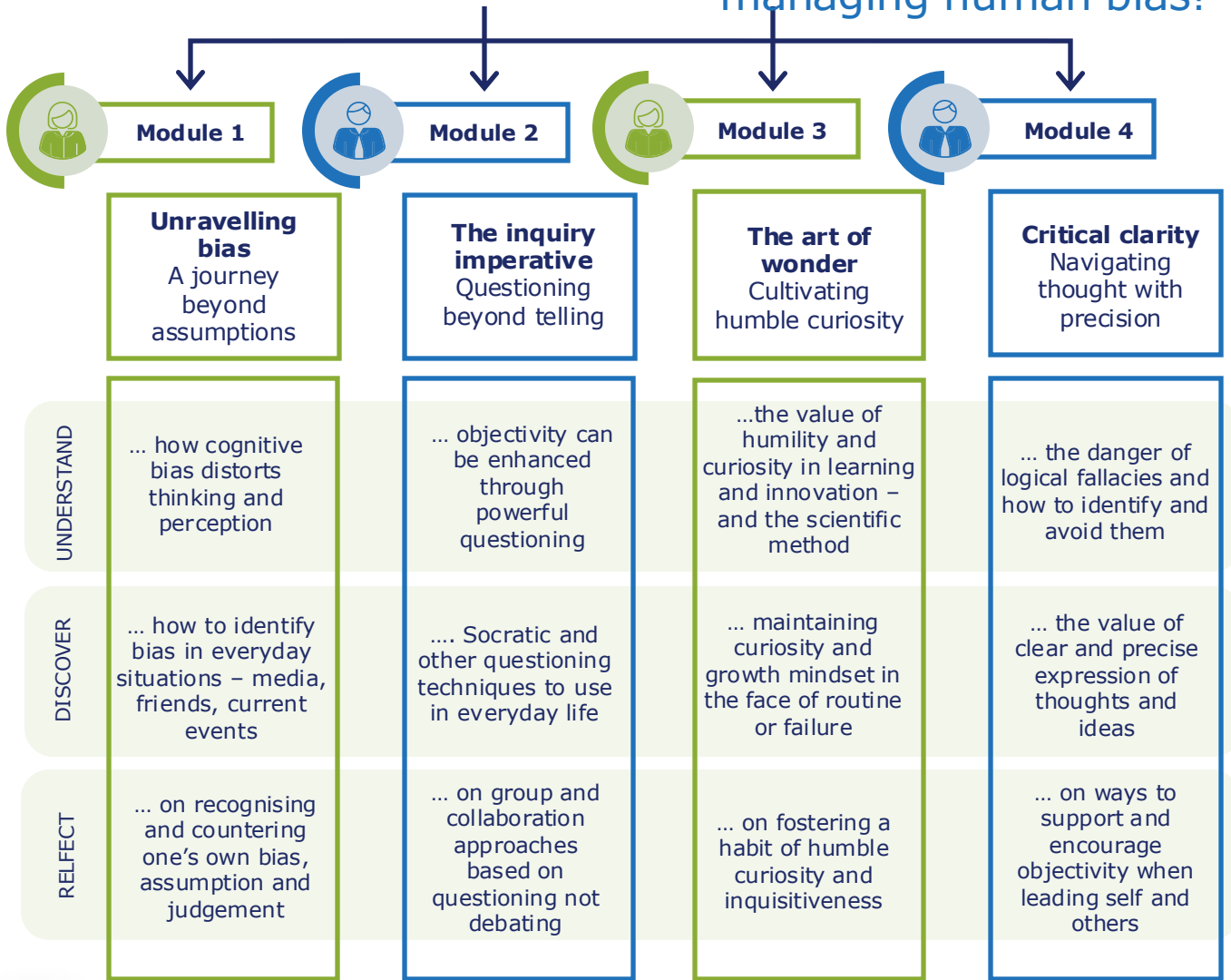
... the value of developing healthy scepticism in everyday and leadership communications and interactions.

REFLECT

... on personal ability and motivation to tell, hear and find the truth



## Leading with Objectivity: Understanding and managing human bias!



UNDERSTAND

... the value and challenge of human cognitive bias and how difficult it is to be objective and non-judgmental

DISCOVER

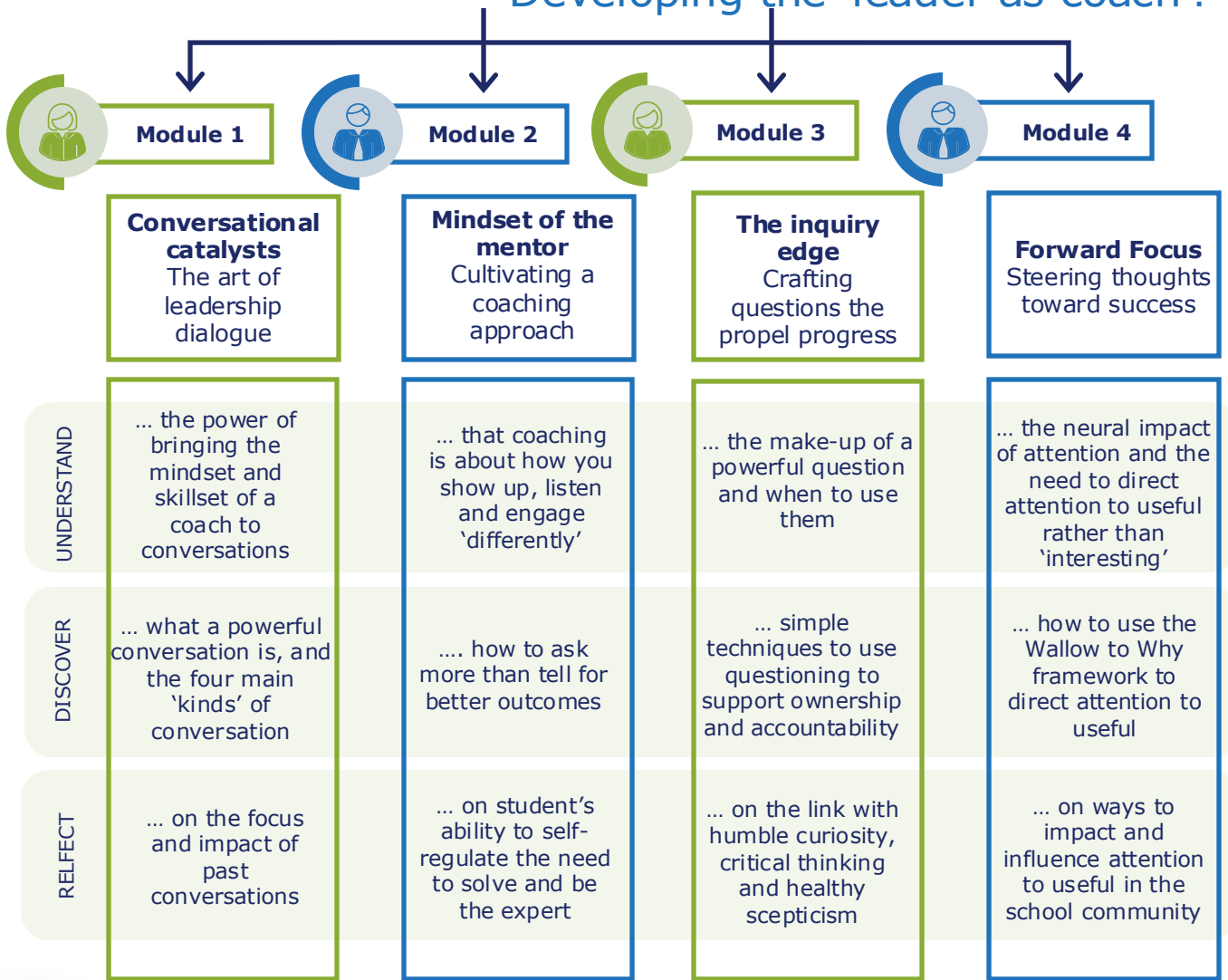
... practical strategies for managing cognitive bias in self and others

REFLECT

... on personal levels of objectivity and experiment with the benefits of operating from an objective mindset.



## Leading with the mindset and skillset of a coach: Developing the 'leader as coach'!



UNDERSTAND

... the mindset of professional coach-style leaders and that great 'coaching' begins with an awareness of the impact of self.

DISCOVER

... the skillset of professional coach-style leaders that can be applied to EVERY conversation

REFLECT

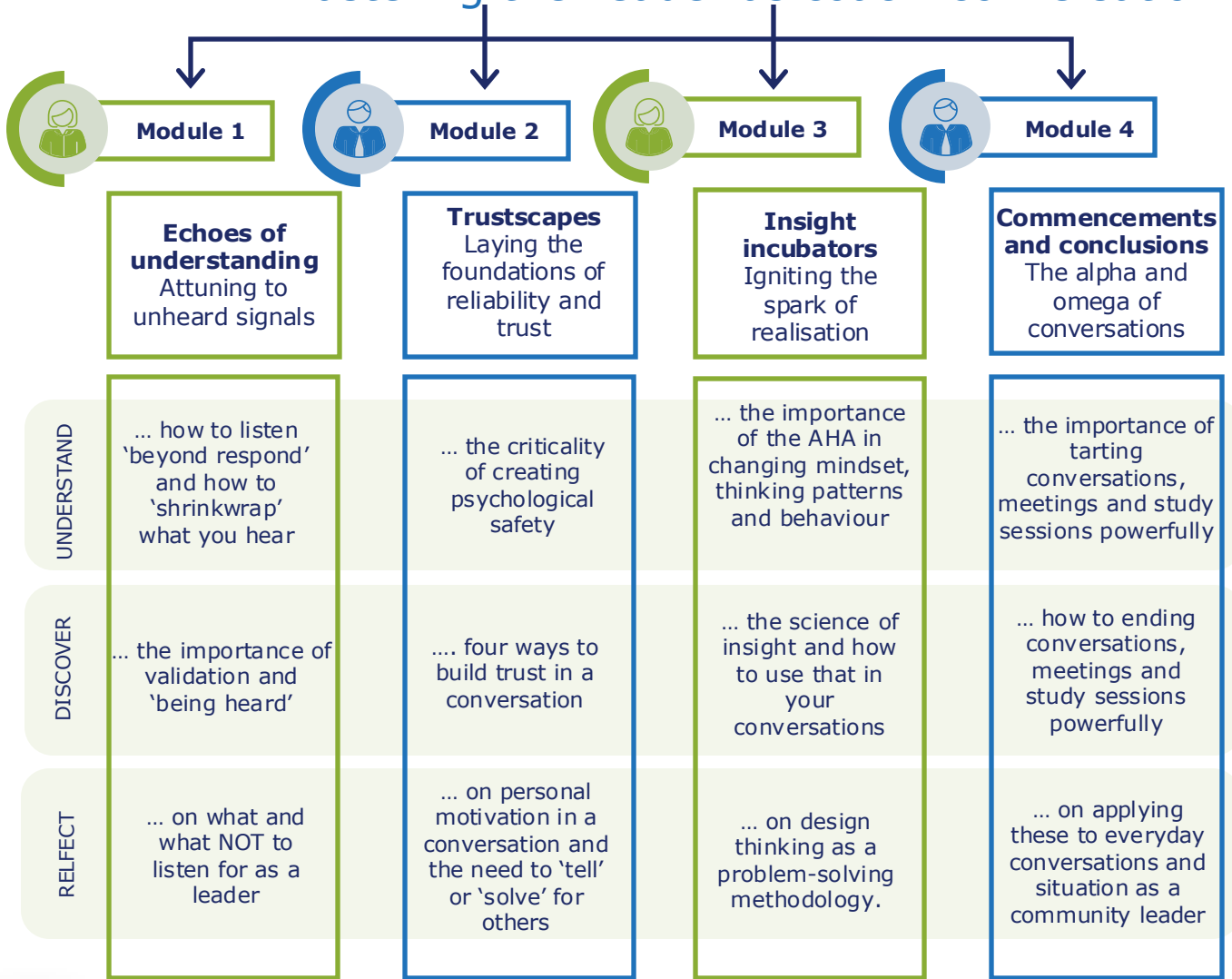
... on ways to implement the mindset and skillset of a coach-style leader in everyday conversations and interactions

LISTEN

LEARN

GROW

Leading with the mindset and skillset of a coach:  
Mastering the 'leader as coach' conversation!



**UNDERSTAND**

... that conversations depend heavily on how you listen, build trust and influence thinking

**DISCOVER**

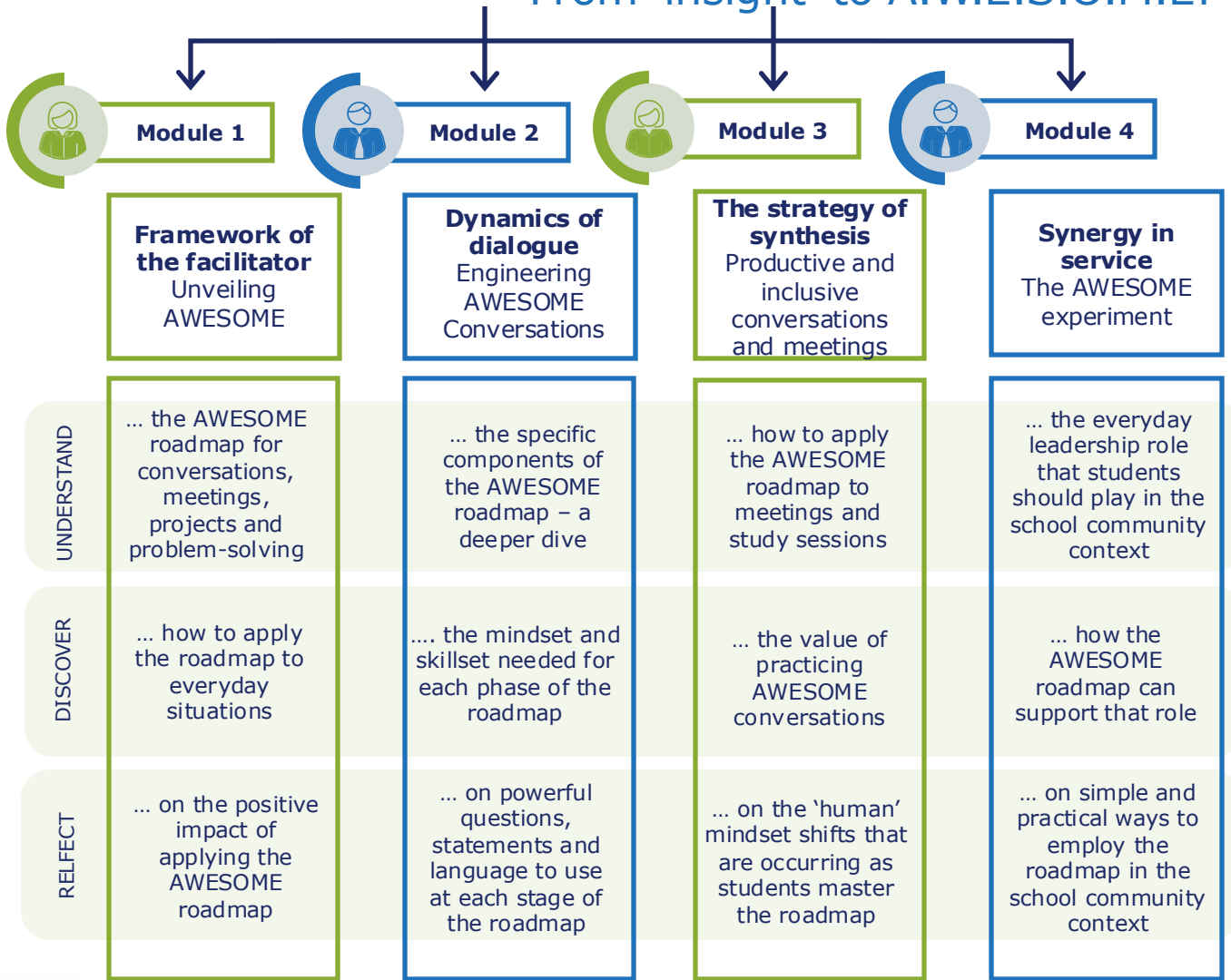
... practical strategies for listening, building trust and facilitating insight in conversations

**REFLECT**

... on ways to implement these strategies in everyday conversations and interactions



Leading with the mindset and skillset of a coach:  
From 'insight' to A.W.E.S.O.M.E!



UNDERSTAND

... the AWESOME roadmap for powerful conversations, useful meetings and impactful study sessions

DISCOVER

... how to implement the AWESOME roadmap in these three contexts

REFLECT

... on ways to bring the AWESOME framework to life as student and school community leaders

TELL ME MORE



## Investment

Pricing based on student numbers per school  
*Price on application*

Onboarding and Online Teacher Accreditation  
*Included with licence*

Three-year licence *which includes implementation support, program updates and new activities and updated content as we create it!*



## FAQ's

### This is neuroscience! How do teachers deliver the key concepts effectively?

The content for each module – that is, the themes, neuroscience and key concepts – is delivered via a video that teachers can download from our learning site, or link to YouTube. The real key to success of the program is the ability of a teacher/facilitator to engage students in discussion, help them get curious and connect the cognitive dots between what they are learning, their school experience, their personal lives and community – AND – the teachers are learning too.

### What training do our teachers need to be able to deliver the BETTER ME project?

Teachers who facilitate the program will be required to complete an online-self-guided accreditation for the program, and a separate accreditation for each Unit purchased by the school before they can deliver the program. Your assigned school-based Program Managers will be onboarded and will have the opportunity to attend a 'train the trainer' workshop if they wish (additional cost).

### Are there other ways to upskill teaching staff?

Optional workshops and consulting packages to assist your teachers and Program Managers to embed a quality program, will be available. These are not included in the licence fee and are an optional extra, but highly recommended, particularly in the first year you deliver a Unit from the program.





## FAQ's

### Can any teacher deliver the program?

Obviously, it's in your best interest to ensure that you deliver a quality program whilst meeting the requirements of the Australian Curriculum – General Capabilities. Under your licence agreement, teachers who deliver the program must complete an online accreditation as a minimum requirement. Program Managers will be provided with an onboarding session and a 'train-the-trainer' pack. You can choose to have us come to your school for further support, masterclasses and workshops at an additional cost and on an 'as needs' basis. If your teachers have attended our Conversations of Substance or How Humans are Wired programs, they will have a good foundation for delivering the BETTER ME PROJECT.

### How do we measure the success of the program?

We have created, and will continue to refine, diagnostics and other measurement tools to assist you in measuring the success of the program. This support will be provided as part of the onboarding process for Program Managers.

### How do I find out more?

Contact us at [info@better-me-project.com](mailto:info@better-me-project.com) or click the link on the BETTER ME PROJECT website to set up a Discovery Call – [www.better-me-project.com](http://www.better-me-project.com)