

# CHECK THIS OUT!



Today young people are constantly facing new challenges, many searching for a meaning in life.

**Ignite** is a dynamic, interactive faith based programme built on the Six ways of wellbeing - **Be Active, Keep Learning, Give something back, Connect with others, Take Notice and Care for the planet**

**Be Active**

**Keep Learning**

**Give Something Back**

**Connect With Others**

**Take Notice**

**Care For the Planet**

Research shows that the Six ways of wellbeing can improve student's mental health, enrich their faith journey, be aware of their own natural talents while building confidence, resilience and empowering them to cope when life doesn't go to plan.

The programme has a strong experiential interactive learning approach, ideal for transition year students but can be tailored to suit any year group. It is also applicable to the Senior Cycle Key Skills Framework.

Our facilitators have extensive experience of working with young people in the area of development education, school retreats, personal and faith development.

**ST. JOHNS RETREAT CENTRE**

197 Le Fanu Road, Ballyfermot, Dublin 10

Enquiries and Bookings: Eugene Smith. Phone: 085 223 4579

Email: [info@sjohnsretreatcentre.org](mailto:info@sjohnsretreatcentre.org) Visit: [www.sjohnsretreatcentre.org](http://www.sjohnsretreatcentre.org)