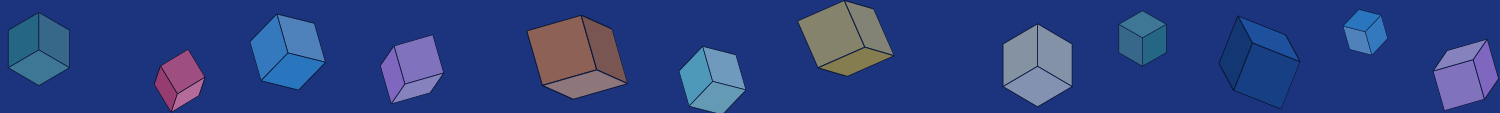


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About the Built Better Project

We are a passionate organisation driven by the vision to make a lasting impact on the lives of Australia's youth. We firmly believe that just like a skyscraper, strong & solid foundations are crucial for constructing a future of growth, resilience & success.

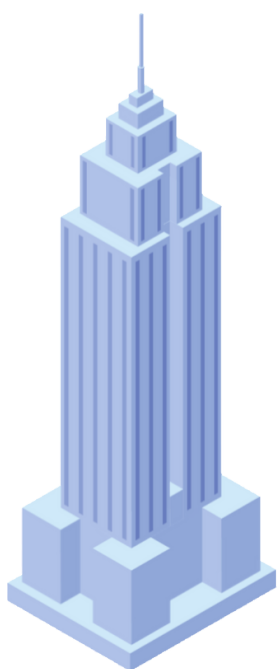
The challenges brought about by Covid-19 as well as social media have created cracks in the foundations of our youth & we are committed to being part of the solution that helps rebuild the Next Generation.

Through our Under Construction Program, students have the opportunity to discover & harness their uniqueness. With the guidance & support provided, they are encouraged to confront their challenges head-on, allowing them to gain a deeper understanding of their capabilities & strength.

Our 12-Module program prioritises the enhancement of overall well-being. We deeply recognise the profound impact of well-being on shaping one's life & our objective is to offer students a supportive framework that leads them towards personal greatness.

Upon finishing our Program, students will experience a feeling of empowerment, enabling them to unleash their potential. Armed with a diverse range of tools & a new found self-assurance, students will feel capable & prepared to overcome challenges, seize opportunities & create a meaningfully authentic life.

UNDER CONSTRUCTION PROGRAM



PENTHOUSE

**Identity
Contribution
Planning
Goals**

**3
LEVELS**

THE CORE

**Finances
Environment
Relationships
Communication**

**12
MODULES**

FOUNDATIONS

**Wellness
Behaviours
Beliefs
Values**

**1
VISION**

OUR APPROACH

Through blending the principles of Ontology & Constructivism, The Under Construction Program seeks to empower students through a unique approach to personal development.

Our 12 Modules equip students with the essential tools to develop a resilient frame of mind & discover their true Self, enabling them to confidently navigate & thrive in a rapidly changing world.

Ontology, as a branch of philosophy that delves into the exploration of reality & Being, offers students a transformative lens through which they can deeply comprehend their own identities, Values & perspectives. Through this lens students gain profound self-awareness & cultivate a deep understanding of the interconnected nature of the world, empowering them to navigate the complexities of life with clarity, purpose & a sense of direction.

The program upholds key Ontological principles such as Self-exploration, Inquiry, Authenticity & Being, creating a space where students are encouraged to ask thought-provoking questions, embrace their true selves & fully embody the essence of Being.

Constructivism, as a theoretical framework, empowers students to actively construct knowledge by engaging with their unique experiences & perspectives. By embracing Constructivism, students not only gain a sense of ownership over their learning but also develop critical thinking skills, problem-solving abilities & adaptability.

The program embraces principles such as Active Engagement, Knowledge & Meaning construction as well as Personal Agency, fostering an environment where students actively participate in their learning. They construct knowledge based on their experiences, leveraging their innate abilities to solve problems & navigate diverse situations.

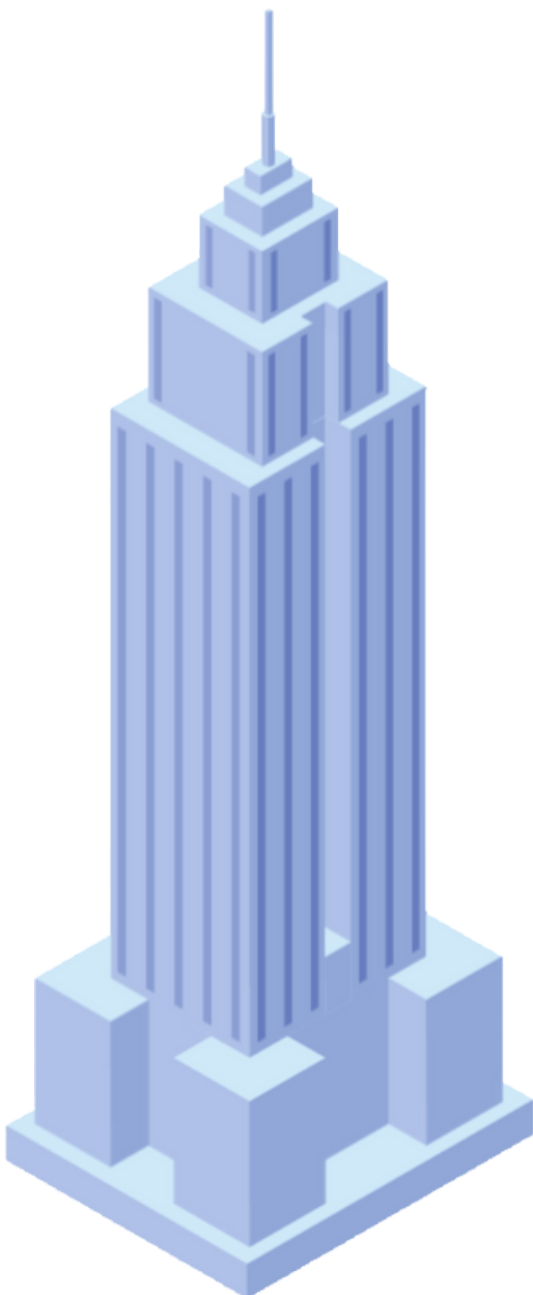
By blending the exploration of reality & Being offered by Ontology with the active construction of knowledge & personal agency facilitated by Constructivism, students gain a comprehensive toolkit for personal growth, critical thinking, problem-solving, adaptability & ownership of their learning journey. This integration results in students who feel empowered to overcome obstacles, excel academically & personally & become lifelong learners equipped to embrace the challenges & opportunities that lie ahead.

THE LEVELS

Imagine life as a magnificent skyscraper with multiple levels. To reach the pinnacle of success & fulfilment, you must begin by constructing a strong & sturdy Foundation within yourself.

This foundation serves as the bedrock of your character, Values & self-awareness. As you solidify this base, you can start building upon it, moving up to the Core of the structure. Here, you acquire essential life skills, build meaningful relationships & gain the confidence to face life's challenges.

Finally, with a well-established Core, you ascend to the Penthouse of life—a place of prosperity, abundance & fulfilment, where you can embrace opportunities, share your expertise & contribute positively to the world.



THE PENTHOUSE

Students will be motivated to embrace their inherent potential, carve a clear path towards their aspirations & become agents of positive change, both for themselves & their communities.

THE CORE

With a toolkit of skills & knowledge spanning the important domains of life, students will exude the confidence needed to successfully overcome the hurdles they face, capitalise on opportunities for growth & sculpt a life of prosperity.

THE FOUNDATIONS

Facilitating resilience, self-discovery & empowerment, students will be equipped with critical life skills for personal development & fulfilment; gaining the necessary tools & understanding to navigate life's challenges, students will begin to unlock their true potential.

You know how navigating change can be daunting & confronting?

Well, what we do is provide guidance & tools to help students embrace change, build resilience & thrive in an ever-evolving world.

You know how there's no manual for life, no predefined roadmap to follow?

Well, what we do is empower students to become the Author of their own journey.

You know how building self-confidence is essential for growth & success?

Well what we do is teach students how to remove their own blockages so they can overcome self-doubt.

THE MODULES

THE FOUNDATIONS

Values – *We value what is important to us*

Uncover personal Core Values & learn how to use them as a compass to navigate life's challenges, make aligned choices & stay true to oneself.

Beliefs – *The stories we tell ourselves, about ourselves*

Gain a valuable understanding of the difference between assessments & assertions, empowering students to recognise & overcome self-imposed limitations.

Behaviours – *Enable, or expose our Beliefs*

Identify their enemies of learning as well as develop awareness around the primary negative moods that result from breakdowns & learn how to effectively shift them.

Wellness – *What fills your tank*

Students will rediscover their passion for hobbies, helping them steer clear of unhealthy activities & reignite a sense of excitement in their lives.

THE CORE

Communication – *Find your voice, reach understanding*

Learn essential conflict resolution skills, including valuable tools such as active listening, while also developing an awareness of the profound impact that words can have.

Relationships – *The web of life*

Explore attachment styles & dependency types, gaining an understanding of the strength & well-being that comes from cultivating secure & interdependent relationships.

Environment – *Adapt & be the sum, or create & become*

Envision the potential possibilities that await them when they embrace their role as the author of their own lives & acquire the skills to confidently say "no" to peer pressure.

Finances – *Investing in future you*

Gain a comprehensive understanding of the importance of financial responsibility, including the power of saving, along with developing proficient negotiation skills.

THE PENTHOUSE

Goals – *Clarifying the vision*

Acquire a valuable life formula, $DxV=F>R$, which they can apply to goals & various aspects of their lives.

Planning – *Creating actionable steps towards achievement*

Gain access to a practical 90-day planning tool designed to assist them in effectively organising & prioritising their goals for guaranteed results

Contribution – *Giving opens the door to receiving*

Students will be motivated to share their expertise by teaching something they excel at, allowing them to give back to others while reinforcing their own learning.

Identity – *Becoming you*

Acquire the skills to craft a compelling life declaration & through collaborative teamwork they will unite to create a vision billboard representing their collective aspirations – their 'be-coming.'

WORKSHOP OUTLINE

Every workshop is thoughtfully designed to captivate students, enabling them to acquire essential skills, construct their own understanding & actively engage in interactive games & exercises.

Workshop Agenda

The workshop agenda includes an introduction & recap of the pre-readings, including a Q&A session. This is followed by an engaging game, which is then debriefed to extract key learnings. Students then engage in individual or group exercises, followed by another Q&A session. The workshop concludes with a summary & the distribution of a "home-fun" handout.

- Introduction, re-cap + Q&A
- Game
- Debrief
- Exercises
- Q&A
- Conclusion
- Handout 'home fun'

Pre-readings & Home-fun

To optimise the efficiency of our time together & to empower students to arrive prepared, equipped with a solid understanding of the content covered in the Modules, we have thoughtfully curated pre-readings for each Workshop. We understand the demands of students' school workload, so we have kept the pre-readings concise, taking no more than 30 minutes.

Upon completion of each Workshop, students will receive 'home-fun' that reinforces the integration of their learning, accompanied by valuable resources to provide ongoing support.

WORKSHOP OPTIONS

Our approach to delivering the Under Construction Program is designed with flexibility in mind, guaranteeing that we can accommodate the timetable requirements of your school effectively.

2-DAY WORKSHOP

Join us for an immersive two-day intensive experience, where each day will focus on delving into six comprehensive Modules.

WEEKLY OPTION

12 x Modules
1 x Weekly

Weekly one-hour workshops, dedicated to exploring & delving deep into a single Module at a time.

FORTNIGHTLY OPTION

12 x Modules
1 x Fortnightly

Fortnightly one-hour workshops immersing in one particular Module at a time.

Program Facilitator: Filimon Filippou

Filimon has dedicated much of his life to learning & applying what he has learnt. As an experiential learner he has been involved in a multitude of self-development programs & leadership forums to not only better himself as a person, husband & father, but so he can pass on the skills & knowledge to our Youth.

Growing up in a family business, Filimon recognises the value of mentorship & resilience in overcoming life's challenges. Alongside his successful entrepreneurial ventures, which have provided employment to nearly 1500 people, he engages in various forms of contribution.

Since 2017 he has spent his weekends volunteering at *Teen Connect* as a leadership & communication facilitator. *Teen Connect* teaches teenagers about mindset, empowerment, communication & leadership, giving them the tools they need to move forward in their lives to make them powerful presenters.

Before completing high school, Filimon worked in 12 different jobs which helped develop a vast range, where he now has the ability to tap into the strengths & possibilities of each individual, allowing them to have a glimpse of who they can become.

He has often volunteered his time at schools whether it be for a whole week as a business mentor during business week or to simply give an hour of his time to speak on entrepreneurship. (*Manly Selective, Freshwater High, Forest High*)

Programs & Certifications

2022 Accredited Coach Training Certificate
 2022 Ontological Coaching & Leadership
 2019 Money & You Program
 2019 Powerful Presentations
 2019 Creating Wealth
 2022 Instructor Training Program
 2006 Landmark Forum
 2007 Landmark Advanced Course
 2021 Self Expression & Leadership program
 2021 Hypnotherapist Certified training

Volunteering

2018 Teen Connect
 2018 DNA Hub - hosting workshops & facilitating young entrepreneurs

Club President

2017 Toastmasters
 2019 Speakers Bureau NSW

CEO & Founder

2021 The Built Better Project
 2016 F.T.U Construction Services
 2015 Kertheizo Management
 2010 FFR Group
 2017 Design New Academy
 2006 Beaches Reinforcement



Testimonials

"At first I was impressed by the way Filimon conducts himself in a room. He has a respectful manner and the ability to add value in many ways. Filimon is not all talk – he's a man of action, and this was on display when I created my charity for youth suicide prevention where he provided advice, support and donations. Over time I discovered how authentic Filimon is and I've watched him transition from a business owner into the space of mentoring people and coaching them to better themselves. The business Filimon has now created is an important one. To have such a person with so much life experience, knowledge and passion is a perfect recipe for success and the value he will add to everyone he engages with is priceless. I believe he will be an asset to any organisation he collaborates with."

- Nathan

"As a past teacher, educator, and mentor I have been able to advise Filimon how to develop and refine his teaching and instruction technique. Filimon has initiated a number of Youth Public Speaking Programs to help and motivate young people to achieve their personal and academic objectives. He is adept at fostering healthy discourse in small groups of peers and as well as effortlessly capturing the attention of larger groups. He has proven himself to be a gentle and selfless individual in matters relating to social justice and is an expert at efficiently managing his time so he can be an integral part of all of these various communities."

- Gary

"Filimon is incredibly relatable for the children at Teen Connect and provides a unique approach that helps generate extensive interest in our youth leadership and communication programs. Fil has an excellent ability to understand the strengths and areas for improvement for students/children and tap into that to help with their progression. Fil is very honest, approachable. He is a very trustworthy character who had has extensive experience working with a range of children from diverse ages and backgrounds. His achievements and support in a voluntary capacity has contributed significantly to our organisation and I strongly support his ability to continue this work moving forward."

- Luke

"Filimon is a wonderful instructor and is very patient with the children. He has excellent communication skills, and the ability to remain calm in stressful situations. Filimon shows a lot of enthusiasm, creativity and is very supportive of all the children treating them all fairly and equally. Filimon is also very receptive and listens to the children's needs accommodating them by changing his learning styles to ensure they get the best from all the presentations and sessions. Filimon has worked in a voluntary capacity for a long time, understands commitment, and goes above and beyond to make sure he can attend meetings to ensure they run efficiently. The children have over the years developed a rapport with him and I feel he has very strong leadership skills"

- Natasha