INFORMATION & EXPRESSION OF INTEREST

2027 Team Courage Pilot in Australian & NZ Primary Schools



Why this matters

One in four primary-aged children experience high levels of anxiety. Three in four teachers report burnout. AEDC data confirms more than a decade of rising social-emotional vulnerability among Australian children entering school, and school communities are being asked to respond, often without the training, time or specialist access to do so.

What is Team Courage?

Team Courage is a whole-school, curriculum-aligned program that addresses anxiety, resilience and emotional wellbeing for Prep/Foundation–Year 6 students. It's ready-to-go and designed to add no extra workload for staff.

WHAT MAKES IT DIFFERENT

Team Courage is a psychiatrist-developed mental health promotion and prevention program that directly supports students, and aligns and upskills their whole 'team' of adult supporters. It brings specialist-delivered, evidence informed yet practical language and approaches into schools and homes everywhere. A truly equitable, prevention and promotion program, Team Courage reaches children and families where they are, and builds capacity, confidence and belonging in entire school communities.

The evidence

Team Courage was first piloted with 1,050 students across three Queensland primary schools in Terms 3–4, 2025. Results after just six months of implementation:

+45%
Teachers reporting confidence supporting student wellbeing

+20%
Year 3–4 students' knowledge about anxiety

+15%
Year 5–6 students' self-regulation knowledge

100%
Teacher PD completion rate

A SIGNIFICANT SUSTAINED IMPROVEMENT IN ANXIETY

Southern Cross Catholic College Scarborough primary campus was one such pilot site in Terms 3-4, 2025. In May 2026 – **6 months after pilot completion – internal wellbeing data confirmed a 12% reduction in anxiety rates among Years 4-6 students.**

Team Courage has since been included on the Australian Council for Educational Research (ACER) Wellbeing Program Guide and the South Australian Department for Education's External Wellbeing Directory, and is ready to make a wider impact around the country.

What's next?

Thanks to the support of the First 10K Days Network (Child Health Research Centre (Qld)), the potential for Team Courage to have wide-scale impact can now be realised.

As a certified social enterprise, we are committed to sharing and self-funding this opportunity as widely as possible, especially among our most rural and remotely located communities. External funding has also been sought, which will allow for an even greater number of pilot places to be offered.

We invite all schools from across Australia and New Zealand to express their interest in taking part in this binational pilot in 2027, as part of our commitment to children and families.

What's included — for your whole team

For students

- Differentiated, curriculum-aligned, ready-to-go lesson plans for Prep–Year 6
- Engaging classroom videos, learning activities and whole-school resilience-building activities
- Key topics: emotional literacy, understanding and managing anxiety, building resilience, emotional regulation, growth mindset, overcoming perfectionism, strengthening belonging and connection
- Fun, tangible extras like Team Courage membership badges and classroom posters that celebrate and embed this team approach, fostering a more resilient culture

For teachers

- Self-paced video PD masterclasses (Understanding Anxiety & Building Resilience; Sensory Processing Challenges) with discussion guides and printable resources. These are flexibly delivered in staff meetings — no extra staffing requirements or added workload
- Certificates of attendance for completed PD

For families

- Three live (and recorded) webinars per year with Dr Kaylene Henderson, hosted for your parents, carers and school staff — to encourage greater engagement, a shared language and team approach across school and home (covering topics such as strengthening connection, emotional regulation, anxiety & resilience, and sensory & behavioural challenges)
- Newsletter-ready Q&A articles responding to real questions from your families
- Free 6-week Courage Coaching course registrations (available separately for $399) for any families of anxious students who might be in need of greater support

The 2027 pilot — two ways to join

In 2027, Team Courage is expanding into a large-scale binational pilot — welcoming primary schools from across Australia and New Zealand. This is a one-off opportunity. Places are capped and the funded places and 2027 pilot pricing below apply only to this intake.

OPTION 1 Fully funded — open to rural and remote schools (MMM 3-7)

No cost to your school

OPTION 2 Subsidised place — open to all schools (MMM 1-7)

STANDARD PRICE

~~$2,900 + $18/student~~

2027 PILOT PRICE

$1,900 + $18/student

$1,000 pilot discount applied

PLUS A $1,000 parent engagement fund, paid directly to your P&F/P&C

Not sure which option applies to your school? Just ask — we're happy to check eligibility with you.

"The shared language allows for continuity and growth year after year, equipping students with skills they'll carry beyond their time at primary school."

— Teacher, Years 3–4 Team Courage pilot classroom, 2025



Who we are



Dr Kaylene Henderson
MBBS FRANZCP Cert C&A Psych
Child & Adolescent Psychiatrist
Founder, Team Courage

The Courage Coaching brand and its Team Courage program for schools has been founded and led by Dr Kaylene Henderson (MBBS FRANZCP Cert C&A Psych) — a Child & Adolescent Psychiatrist and one of Australia's most trusted voices on children's wellbeing, resilience and behaviour. Over the past decade, more than 20,000 educators have engaged with her online professional learning, which has been licensed by major early learning providers, while countless parents and carers have sought out her seminar presentations and online resources as one of Australia's leading parenting experts.

As a certified social enterprise, Team Courage has been developed in line with Dr Kaylene Henderson's commitment to building the capacity of all who live, love, and work with children aged 0–12, with the aim of improving children's mental health, resilience, and social-emotional wellbeing.

Team Courage has been publicly endorsed by Australia's best-known parenting educator, Maggie Dent. Additional impact data can be provided upon request.

Frequently asked questions

Our school is already running another wellbeing program — Can we still take part?

Yes. Team Courage's direct student learning and family support isn't typically provided by other programs (in fact, it's been described as 'the missing piece!'), so it's likely to complement what you're already running. If you're unsure though, or would prefer to check, feel free to email us to ask.

We're a Distance Education provider — Can we sign up?

Yes! A Distance Education adaptation of Team Courage is currently underway. Distance Education providers are warmly invited to register their interest for 2027.

How to register your interest

1. Simply reply to our invitation email with your best contact name. Please cc any other staff who might be involved in this decision so we can include them when providing further details.
2. We'll send you a link to a short online information session (and the recording, if that's easier). You can decide whether your school would like to take part after that session.

Submitting an EOI isn't a formal commitment — it simply holds a place for your school while spots remain.

Email your school's interest in this pilot to team@drkaylenehenderson.com before 5pm 11th October 2026. Submissions may close sooner once all places are filled.

TEAM COURAGE
With Dr Kaylene Henderson

Questions? We'd love to hear from you.

team@drkaylenehenderson.com

www.DrKayleneHenderson.com / www.CourageCoachingOnline.com

Dr Kaylene Henderson, MBBS FRANZCP Cert C&A Psych — Child & Adolescent Psychiatrist, Founder, Team Courage