

Course Overview 2025

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Anxiety & Stress Less

Anxiety: Ebb and Flow (3 hours morning)

- Understand how anxiety effects the body and the brain
- Focus on and prioritise what you can control
- Know how to use the worry tree as a tool to manage anxiety
- Be aware of the importance of pausing and breathing
- Begin to tackle unhelpful thoughts through reframing
- Explore grounding techniques
- Share your own techniques - What helps me is...

Stress Less (3 hours afternoon)

- Recognise what stress feels like for you
- Understand the early warning signs of stress
- Use the power of the pause to take the weight off your shoulders
- Acknowledge how stress impacts on you and others
- Weigh up the benefits and drawbacks of making a change
- Identify and share coping strategies to manage stress

Assertiveness – *Boundaries & Assertive Communication*

Assertiveness 1: Boundaries & Assertiveness (3 hours morning)

- Understand what boundaries are
- Understand the importance of healthy boundaries
- Build skills to identify your boundaries
- Show an awareness of types of communication
- Describe the 4 A's of assertiveness
- Understand the benefits of being assertive for you

Assertiveness 2: Finding the Balance (3 hours afternoon)

- Continue to build assertiveness skills
- Be aware of the importance of being honest with yourself
- Understand the communication loop and barriers to communication
- Build on breathing and grounding tools
- Recognise the early warning signs of aggression
- Use the Anger Iceberg to consider the emotions beneath
- Explore what's going on in the brain?
- Understand that safety comes first

Finding My Mojo – *Self Esteem & Confidence*

Finding My Mojo (All day)

- Understand why self-confidence and self-esteem are important to you
- Demonstrate an understanding of how confidence appears
- Connect with the Crucial C's
- Consider how you can grow self-esteem
- Gently challenge yourself to step into the 'stretch zone'
- Develop your own Mojo building plan



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Mind Building and Project Me – *Self Awareness & Resilience*

Mind Building: A Resilient Me (3 hours morning)

- Understand what resilience means to you
- Understand the importance of resilience
- Identify the elements that underpin emotional intelligence
- Feel more in touch with your emotional intelligence
- Use reframing to support resilience
- Engage in healthier ways to cope
- Develop resilience tools

Project Me: Motivation & Self-Awareness

(3 hours afternoon)

- Consider how the four pillars of emotional intelligence relate to motivation
- Identify your strengths and areas to develop
- Understand the relationship between self-awareness and motivation
- Know your personal values and why they matter
- Understand how to plan around realistic goals
- Be aware of your fundamentals to flourish

Silver Linings – *Depression & Low Mood*

Silver Linings: (All day)

- Understand the connection between taking time to talk and recovery
- Identify things that can impact on our mood
- Understand the link between our mood and behaviour, thoughts, feelings and physical symptoms
- Notice unhelpful thinking patterns
- Be aware of and consider your mindset
- Challenge unhelpful thinking patterns
- Understand the importance of taking time for self-care

It's Good To Be Me – *Culture & Mental Health*

It's Good To Be Me (3hours)

- Understand the link between self-awareness, culture and mental health
- Be aware of how attitudes towards mental health can impact on our well-being
- Understand the impact of stigma and stereotyping
- Identify ways to gently challenge stigma and stereotyping

