



PHOENIX
social enterprise

LOCALLY GLOBAL



Confidence and Motivation Courses

Me, Myself and I!

INTRODUCTION

This a 10 day confidence and motivation course which will enhance your confidence and motivational skills. The course will encompass a 2 day residential visit to Alveston Scout Camp and also a presentation night.

AIM

Work with a minimum of 100 learners over a year who lack in self-esteem and encouragement in view of obtaining and sustaining employment.

ENTRY LEVEL

Participants are welcome from the BME communities with ESOL qualification at Entry 3 level. All participants will be expected to complete an initial assessment before induction stage of programme.

INTEGRATED LEARNING

The course is integrated with employability techniques that learners need to acquire to access employment, further education or more advanced training. These include:

- Perceived competence
- Self confidence/Professional confidence
- Empowerment
- Self - esteem
- Perceived behaviour
- Optimism/Pessimism
- Targets and goals
- Evaluating stress

All classroom and orientation instructions are "contextualized". Occupational and Employability skills are integrated from the beginning of the course. Focus on the individual requirements are imperative throughout the course.

OUTCOMES

By the end of the course participants will have Individual Learning Plan (ILP) and ELP (Educational Learning Plan) and a "Memap" that will allow participants to visualise an education/career/personal map.

- Understand the importance of self-analysis within a positive and proactive mind set
- Utilise a variety of strategies to enhance confidence and self – esteem
- Sustain a level of self-empowerment which is conducive to personal and working environment
- Understanding the various levels of stress and its physical effects

All clients are expected to complete a course review as well as completing job search forms.

METHOD OF TEACHING

Sessions will include:

- Q and A, Group discussions
- Visual presentations through the use of PowerPoint presentations
- Practical work through the use of physical drama looking at actual situations
- Project and assignments
- Problem solving exercises
- End of course assessment

WEEK 1 SUMMARY

1. Induction day -
2. Be able to recognise the facilities and the support available to each individual client.
3. Plan and create an education and career action plan through “Mind Mapping” and ILP/ELP paperwork.
4. Interacting and communicating within a group.
5. Self-evaluation
6. Techniques to sustain solutions to problems
7. Evaluating and acknowledging changes in behaviour

WEEK 2 SUMMARY

1. Explain objectives of the week and tasks to be completed.
2. Maslows hierarchy of needs
3. Discussion of inspirational resources through media
4. Importance of achieving set goals
5. Stress in the working environment
6. Public speaking
7. Preparation for presentation
8. Presentation evening

COURSE TITLE: Me, Myself and I!

The programme uses a variety of media sources including video and physical drama to enhance knowledge and understanding of the topic. The course is taught with both personal and work experience in mind by a Tutor/Counsellor.

Group Size	Duration	Level	Performance Points	Outline
12-15	Two Weeks	Entry 3 to Level 2 based on group	Based on Individual assessment and presentation	<p>The “Me, Myself and I” is an ideal course for those who wish to enhance their confidence and motivation skills. With an innovative and practical approach students will learn about self analysis and basic psychological concepts to help them on their journey to positive/assertive thinking.</p> <p>The course will focus on personal and working relationships. Students are encouraged to talk through personal experiences, participate in role play scenarios and vocalise their thoughts.</p> <p>A presentation is given by each student on a topic of their choosing at the end of the course which will also be a graduation ceremony.</p>

