

Boosting Life Skills – an introduction

Build resilience, confidence and life skills – introducing 23 wellbeing topics (course reference: BLS)

 Build life skills & confidence	 Cultivate a positive mindset	 Cope with change better
 Boost motivation & take action	 Feel more in control of your life	 Handle challenges better

What the course covers and what it will help you to do

Topics	More detail
 Building self-confidence : grow in confidence	What self-confidence is and why it matters How low self-confidence affects results Taking small, simple steps forward Why 'avoiding comparisons' helps us Using your Values to guide you
 Using personality styles : understand 'who you are'	Understanding your personality style How behaviour fits with your style Appreciating differences in others Working better with different styles
 Tackling tough life situations : feel calmer, feel less worried	How to respond well to change How to handle challenges positively How to deal with criticism How to cope with rejection How to learn from mistakes How to face risks with confidence How to accept/work on weaknesses
 Taking control : feel more 'in control' of your life	Moving on from difficult situations Saying "no" when needed Using your strengths more often Doing more of what you enjoy Setting goals that work for you
 Boosting motivation	Build courage & momentum Stay motivated, avoid procrastination Step outside your comfort zone Keep a calm mind for good decisions Choose a learning style to suit you Be positive about social media
 Thinking positively : cultivate a positive mindset	How to improve your thinking How to break unhelpful habits How to develop 'positive self-talk'
 Managing worry and anxiety	Many of the above topics help with managing worry & anxiety; however, we <i>don't cover</i> in this course: medical & mental health conditions, anxiety disorders & trauma, issues needing professional support, major life events (eg loss & abuse) and lifestyle aspects needing specialists.

 You will take away a **workbook** with the key points and **handouts** to refer to. After the course, you will have:

- **practical approaches** to use daily, **tools & techniques** to use straight away
- clear, simple **guidance**
- **plans** to build your confidence.

How the course is run

- This is an **in-person, interactive** course
- The style is **friendly, relaxed and informal**
- There will be plenty of **time to ask questions**
- **Duration:** from 14-16 hours (as decided by the Hosts at each Delivery Centre)

Sources of course material

This course is based on ideas from:

a) **books:** *Confidence Pocketbook*, Gill Hasson; *Personality Plus*, Florence Littauer; *Positive Personality Profiles*, Robert Rohm; *365 Days of Positive Self-Talk*, Shad Helmstetter; The Bible; *Personality Patterns*, Lana Bateman; *Psycho-Cybernetics*, Maxwell Maltz; *See You at the Top*, Zig Ziglar

b) **web sites:** mindtools.com, azquotes.com, brainyquote.com, TED talks, forbes.com, youtube.com, discinsights.com, inspirationloaded.com, huffingtonpost.com, psychologytoday.com, thinkgrowth.org, positivegraphics.com, pastorricks.com

