

## ***Your Power – Your Future Programme***

This programme is designed for Individual Community Members, Support Staff, Unemployed, Homeless people, Lone Parents. Anyone How Would Like To Improve Their Self-Esteem, Self-Confidence and Motivation

The programme is delivered over twelve units of learning and designed to provide those in the community with opportunities that will help them develop and realise their full potential as individuals. The programme is designed to give people ample opportunities to participate in a positive learning environment and enables participants to learn how to assume responsibility, exercise judgement, use their imagination and apply their leadership and social skills. This participant-driven programme will not only teach its members practical knowledge, but will also provide them with the much needed, genuine experiences of personal accomplishment and success and the tools to realise their full potential.

### **Event duration**

3 - days

### **Our proposed agenda includes**

- Habits and Attitudes
- Controlling Self-Talk
- Overcoming Fear
- Positive Self-Talk
- Self-Efficiency
- Goal-Setting
- Perception and Beliefs
- Motivation
- Affirmations
- Staying on Track
- Self Esteem