

GOAL SETTING

Recognise own potential and work towards achieving future goals

Start to consider goals that are;

Specific

Measurable

Achievable

Realistic

Timed



Games, activities and discussions to:

- Consider what you want and how to get there
- Start to record your own SMART action plan

Ideas:

- Discussions around your dreams, aspirations and ideas for the future
- Start to complete SMART targets
- Discuss across course and complete for final week



COMMUNICATION SKILLS

Communicate effectively in a variety of ways

What does effective communication look/sound like?

What are some different ways that we can communicate?

What would demonstrate good listening skills?



Games, activities and discussions to:

- Bring to life the different ways we can communicate.
- Set up an activity/game where we cannot speak.
- Share ideas of ways to effectively communicate.



Ideas:

- Use exercise, games and activities to understand our feelings
- Share the benefits of exercise linked to mental health (social, psychological, physical)
- Capture activities and strategies to help each other

POSITIVE ROLE MODELS

Linked to how we view ourselves

Identify some positive role models in your life.

Why do you see them as a positive role model



Games, activities and discussions to:

- Bring to life the qualities and behaviours of positive role models.
- Bring to life our own positive qualities.



Ideas:

- Individually identify 1 or 2 positive role models and why
- Share role model and reasons in pairs/groups
- Capture ideas and discussions on whiteboards, flipchart paper or audio

LEADERSHIP

Leads and helps to organise people positively

Give some examples of a good leader.

What are the qualities of a good leader?

What strengths do you have linked to leadership and what skills would you like to develop?



Games, activities and discussions to:

- Bring to life what good leadership looks like
- Capture the qualities of a good leader
- Reflect on our strengths and areas to develop linked to leadership



Ideas:

- In small groups discuss and list the qualities of a good leader
- Rank them in order (diamond 9 activity)
- Drawing exercise demonstrating a good leader
- Capture ideas and discussions on whiteboards, flipchart paper or audio

BUILDING CONFIDENCE

Tips to build our confidence

What is confidence?

What is self-esteem?

When do you feel most confident?



Games, activities and discussions to:

- Bring to life what confidence looks and feels like
- Consider how we feel about ourselves
- Identify and share ways to build our confidence and self esteem



Ideas:

- In pairs, small groups or whole group – discuss and capture the definition of confidence and self esteem
- Share in pairs or groups when you feel your most confident
- Capture ideas and discussions on whiteboards, flipchart paper or audio

TEAMWORK

Working effectively in a group and as an individual

What are the qualities of a good team?

How can you be a brilliant team player?

What are the qualities of a great team leader?



Games, activities and discussions to:

- Bring to life the qualities of a good team
- Identify how we can be a brilliant team player
- Reflect on our qualities linked to being a team leader



Ideas:

- In pairs/3's discussing the qualities of a good team (draw, list or mind map)
- In pairs discuss how we can be a brilliant team player and team leader
- Capture ideas and discussions on whiteboards, flipchart paper or audio

SIGNPOSTING AND ACTION PLANNING

Discuss options post programme

What are some ideas for volunteering opportunities?

Do you have ideas and plans for further training and education?



Games, activities and discussions to:

- Signpost young people to training, education, volunteering and sporting activities
- Identify individual action plans



Ideas:

- Create list of potential options for young people
- Reflect individually on our action plan
- Capture ideas and discussions on whiteboards, flipchart paper or audio