



**The course is delivered in these formats:**

- Partner discussion
- Games and art and craft activities
- Larger group feedback
- Whole group work
- Active participation

**Course aims:**

- Build a sense of cohort within the group for mutual support and encouragement.
- Provide a safe space for women to challenge and question.
- Provide a sense of progression from earlier courses/learning experiences.

**Course objectives:**

- Provide opportunities for participants to build on their recognised skills and abilities.
- Increase participants' capacity for challenging, exploring and questioning in a safe space
- Make aspirations real and achievable.

**Appropriate participants:**

Those experiencing isolation, lack of motivation and engagement, lower level mental health issues

**Course outline:**

- Week 1: Welcome and introductions. Hopes and worries regarding the course. Ground rules. Completion of the "Something" sheet and sharing of the same.
- Week 2: Scrapbooks and motivation collage – sharing of same.
- Week 3: "Making a Maslow" discussion of wants and needs and where they come from? What I do for others exercise exercise in groups of 4. Feed back to group.
- Week 4: Power of words wall: stupid, lazy, etc. idiot, liar etc. How does it feel – where does that feeling come from? How old were you – do you use those words to others. Change the wall – cover the words with new ones. Feedback to whole group
- Week 5: Toilet roll game and making the Worry Tree – what do I feel, how to I think? What do I do? Scrapbook updates.
- Week 6: Agree to disagree game – whole group. Managing and dealing with conflict scenarios - exercise. Feedback to whole group.
- Week 7: Scrapbook completion and review of course. Review of "Something sheet at beginning. Evaluation and making a plan.

**Price:** £1,000 per 7-week course (14 participants).

**Course duration:** 2.5 hours per week




# Be Magnificent


Always looking forward


## My Best Life

This seven-week course is delivered in 2.5 hour sessions, which facilitates women's recognition of their own abilities and fostering a sense of curiosity and self-determination going forward. This is a natural follow on course from "Me and Mine", but can be a standalone course. This course is designed to expand women's recognition of their abilities and skills and to encourage discussion and challenge their story so far.

 enquiries@bemagnificent.uk

 07986 951154

 48 Foord Street, Rochester,  
Kent ME1 2BX

 www.bemagnificent.uk



## ABOUT US

Be Magnificent was set up to enable and empower women, children and young people. We are passionate about promoting change, challenging “the way it is”. We are determined to ensure that opportunities are open to all and not “under glass” for so many.

Our mission is to help all women, children and young people to recognise their full potential and power and be magnificent in whatever direction they choose to go.

At a time where misogyny is rife, where women face attack simply for walking home, and are abused online for speaking out or simply being female, we are determined to offer opportunities to gain skills and confidence for them to make their own choices and make their own way.

We are excited about working with partners in our communities to provide these programmes. We recognise that funding for community services is limited which is why we aim to work with our partners to identify and secure funds to provide these services to whoever wants to attend.

We live in challenging times. We understand that to be able to access education, activities and opportunities we must build enough self-confidence and self-belief to take the first step. We believe in women, children and young people. We believe in our communities. We look forward.



## COURSES

Our courses can be commissioned by one organisation for a number of staff, but we believe in the high value of multi-agency working. For this reason we will provide a calendar of training opportunities whereby organisations of any size can book one or more of their team members on to the courses to train alongside other professionals and volunteers in their geographical location.

Our courses for professionals and volunteers concentrate on the appropriate knowledge, skills and attitudes to deliver exceptional work in demanding times.

Our service user programmes are designed to support women, girls and young people to see what they already are and what they already have, and be curious and ambitious about what is ahead.

## MISSION

Be Magnificent is a not-for-profit company delivering training courses to benefit the community. Specifically our activities will provide benefit to women, children and young people, along with the organisations who work with them. We provide training courses for those working with women experiencing social exclusion or at risk of experiencing social exclusion.

We provide training programmes for professionals and volunteers alongside direct delivery courses for women and young people. As we grow, we intend to recruit women with lived experience, offering volunteering and supportive employment opportunities to survivors.