



The course is delivered in these formats:

- Partner and small group discussion
- Games and activities
- Larger group feedback
- Active participation

Course aims and objectives:

- To increase participants' confidence, knowledge and skills in delivering work around self-esteem and resilience.
- To discuss theory and evidence based mechanisms in this area of work.
- To offer participants a range of practical strategies and examples of best practice when delivering work in this area.
- To offer an opportunity for participants to develop and/or strengthen partnership working in a multi-agency environment

Appropriate participants:

Professionals and/or volunteers leading working with people on an individual or group basis. This could include teachers and school-based staff, PRU staff, social care staff, domestic abuse workers, homeless support workers, rehabilitation workers, youth workers, agencies and organisations working with people and families.

Course Outline:

- Welcome and introductions and outline of the course.
- What is self-esteem, where does it come from and where does it go?
- What we do for others.
- Positive and negative impact on self esteem.
- Maslow & Johari and why they work.
- TA, egos, scripts and drivers.
- Self esteem on line.
- Supporting resilience
- Review of day and evaluation.

All participants will receive training support booklet with the course content alongside additional resources.

Course duration:
10.30am to 4.30pm




Be Magnificent


Always looking forward

Resilient: Supporting Self-Esteem and Confidence

This one-day course is designed to offer an opportunity for participants to relate theory to their own practice, to experience and review practical activities and strategies for use when working with service users. The course is experiential as well as theory based. The course is designed for participants to share their own experiences in this area as well as supporting the design and delivery of future work for themselves and their teams. Participants will have the opportunity to engage in a range of activities and examine evidenced based theory to improve their understanding and delivery of work in this area.

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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 also 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.

We provide training courses for those working with anyone experiencing social exclusion or at risk of experiencing social exclusion.

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