



The course is delivered in these formats:

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

Course aims:

- To reduce isolation and loneliness experienced by participants.
- To enable participants to learn how to actively participate in a group.
- To develop a sense of cohort – in order for women to progress into other activities within their community.

Course objectives:

- Provide opportunities for participants identify and recognize what skills and abilities they already have.
- To demonstrate their capacity for learning, to provide mutual support and recognition of what they have already achieved.
- To explore new ideas, aspirations and opportunities.
- To move the participants on – as a group – into other activities within the community,

Course duration: 2.5 hours per week

Appropriate participants:

Women with responsibility for the care of children

Course outline:

- Week 1: Welcome and introductions. What I want from the course. Ground rules. Completion of the “About Me” sheet and sharing of the same.
- Week 2: Scrapbooks and aspiration artwork – sharing of the same.
- Week 3: “What I do everyday” exercise in groups and large group feedback.
- Week 4: Dealing with conflict game. “Feel think do” sheets review as a whole group.
- Week 5: What if – worse case scenario, hopes and fears (refer to week 1) A list and a plan.
- Week 6: Completion of What If work. Painting jars and completion of scrapbooks.
- Week 7: Evaluation. Completion of “me” exercise. Review About Me statements at beginning of course and review. Celebration.
- End of course evaluation, one month contact and three month contact for evaluation is provided as part of this course. All resources are provided.

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

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Be Magnificent

Always looking forward

Me and Mine

This 7-week course facilitates the development of a group identity. The course is aimed at women who struggle with attending groups and is designed to reduce isolation and loneliness. The range of art and craft activities will enable the participants to recognize and express their own existing achievements and capabilities and will increase their confidence to engage with new opportunities either individually or as a cohort working with other community projects and organisations.



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.