

Tools for Life

This is an enjoyable, interactive workshop for professionals, who can then take new and empowering ideas back to the young people they work with.

The workshop is designed to enable young people to experience and embrace emotional health and wellbeing in their worlds. The day will facilitate the cognitive understanding of strategies to promote helpful choices in life situations.

We will be exploring both internal and psychosocial systems of support.

The day will include:

- Identifying our company of many selves
- Finding strategies to support our more vulnerable part-selves
- The principles of Transactional Analysis (The Games People Play)
- Verbal and non-verbal communication
- Exploring our fixed life positions
- Positive social positioning
- Improvisation
- Identifying social support