Personal Development – Stress & Mindfulness.

Welcome to the Personal Development - Mindfulness Course, do not worry it's not going to be that bad. In fact, I hope you engage with the challenges & it helps with your stress develops positive thinking & you as a person.

Firstly, want to start by mentioning your safety during the course because we may touch on some sensitive topics. If working in a group session & you choose to share any stories about someone, you know or yourself it would be safer not to use any names or identify them, if you want to talk about it more it might be safer to speak afterwards to a key worker, outside agency, or Childline etc. if you prefer that.

Throughout the course, you may be set a range of activities, videos to watch etc. The more you put into the course the more you will get from it. This is the starting point to help you look & ask questions of yourself & maybe challenge your current learnt behaviour. You may find some parts of the course challenging & may want to work on the activities independently & share one-to-one with your key course worker at later date. The course design allows you to adopt self-learning & question yourself, but by engaging with your key course worker, you will enhance your development & course experience.

Rounded boxes mean you will have some questions to complete.

What does Mindfulness mean to you?

How can you tell when a person stressed? What do they do? How do they think?

How can the Programme help you to develop releasing stress? What do you want?

What level of worry & stress would you place yourself at in certain situations from a scale of 1 (low) to 10 (high)?

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

"Hi, I will appear now & again & I will be setting personal targets or challenges (Self-Target Time) throughout the course to challenge you so you get the most out of this course. Each student will find the course different. T*he initial worksheets are the starting point of the course & the work there after will be personally focused to your needs".*