



# Power Tools

**Online course**

(Microsoft Teams)

**6.30pm – 8.00pm**

**Monday 23<sup>rd</sup> May – Monday 27<sup>th</sup> June 2022**

**Register online or scan the code on a phone/tablet:**

**<https://forms.office.com/r/j4jjBwGVHK>**



Or email: **[repert@aberdeencity.gov.uk](mailto:repert@aberdeencity.gov.uk)**



## **Week 1 – Self Identity**

- Understand the importance of personal identity and how it effects thoughts, behaviours, and attitudes.
- Investigate different aspects that make up my personal identity.
- Explore areas of my identity that I would like to develop and spend time on.
- Understand how learning, personal growth and mental health and wellbeing are connected.

## **Week 2 – Assertiveness**

- Build confidence to improve behaviours and habits in communicating with others.
- Increase awareness of the difference between passive, aggressive and assertive behaviours.
- Realise the positive value and increased effectiveness from employing assertive techniques and tools.

## **Week 3 – Excuse Busting**

- Habits – forming and adopting positive behaviour.
- Blame / Responsibility – taking power and control to get your results.
- Commitment – prioritising your own needs and deserving your own effort.

## **Week 4 – Express Yourself**

- Understand how we communicate.
- How to say what you want to say.
- Tools for positively expressing yourself.

## **Week 5 – Moods and Mindset**

- Identify thoughts, feelings and behaviours – and understand their difference.
- Better understand where emotions come from and how they affect us.
- Begin to look at your personal mindset, and how this affects your mood and effectiveness/behaviour.

## **Week 6 – Self Belief and Self Talk**

- Explore what “self-belief” is and our own self beliefs.
- Develop understanding how self-talk effects self-beliefs and behaviours.
- Investigate tools to improve self-talk and self-beliefs.
- Understand how learning, personal growth and mental health and wellbeing are connected.