

Catalyst Development Programme

We believe that every person is hugely valuable and can massively contribute to their local community and to society in general. The Flourish Project was established to “*equip young people to flourish into everything they can be*”. With this in mind we believe that the community a child grows up in can impact their future hugely. We all have unlimited potential that we can choose to tap into and we believe that this programme can be a catalyst to see this potential reached.

The Catalyst programme aims to:

- Help people to understand cultures and values
- Equip people with tools and techniques to improve their mindset and mentality
- Help to break through barriers that hold people back
- Enable people to unleash their potential and live intentionally
- Equip people to make better choices
- Understand the importance of setting goals for the future

The sessions below are delivered during a one-day workshop:

Session 1 - I am who I say I am

Introduction: Understanding the importance of relationship, vulnerability and group dynamics.

Values and Principles: In understanding the background of our values and principles we are able to improve our view of the world and ensure that these values and principles are not hindering to our future development

Beliefs: Exploring the basis for what we believe about ourselves and the world we live in. How do our beliefs impact our everyday life? Identifying the differences between helpful and hindering beliefs and the impact this has on the way we think, feel and behave.

Session 2 – Winning Mentality

The Power of the Mind: Exploring both fixed and growth mindsets. Shifting our focus from ‘I can’t’ to ‘I can’ and ‘not yet’.

Self-Esteem: Discover the signs of low self-esteem and understand the impact that this has on mental health and physical wellbeing. Understanding how to increase self-esteem through positive self-talk.

Session 3 – Lets get motivated

Motivational Keys: What drives and stirs us to action. This session will explore what types of things motivate us into action and ensure we are moving forward in life.

Comfort Zones: Understanding what impacts and causes stress; how to manage this in a healthy way and how to redefine our comfort zones to improve our resilience.

Session 4 – Better, faster, stronger

Future Goals: Goals bring focus and determination building character and mental resilience. Having a goal can lead to increased levels of motivation, stretching individuals to achieve more. In this session we will cover visualisation techniques and the power of setting goals.

A Balanced Life: Evaluate what balance you have in life and understand what is important to you and how you might improve in those areas that you need to.

Close and Evaluation