

## Facilitator Training Course

We believe that every young person is hugely valuable and can massively contribute to their local community and in society in general. The Flourish Project was established to “*equip young people to flourish into everything they can be*”. With your involvement this vision can become a reality in your community. We work with adult volunteers and educational partners who share this vision.

The facilitator training will run over 2 days and will equip you to use the Flourish Project programme. It has been specifically designed to improve understanding of the key theories which underpin each session. We will also demonstrate how to use the activities effectively and run the project to reinforce these key concepts using everyday activities with the young people.



During the training we will cover:

<p><b>1. The Background to The Flourish Project</b> How we started and the importance of understanding the factors which affect young people today.</p>	<p><b>6. Self Esteem</b> Discover the signs of low self-esteem and understand the impact that this has on mental and physical wellbeing. Understand how to increase self-esteem through positive self-talk.</p>
<p><b>2. Getting the Foundations Right</b> Understanding the importance of relationship, vulnerability and group dynamics.</p>	<p><b>7. Aspirations</b> What motivates us to achieve? What inspires us to dream? How can we dream without limits? This session focuses on ‘grit’ – being focused to press-in and not give up!</p>
<p><b>3. Beliefs</b> 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.</p>	<p><b>8. Goals</b> 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.</p>
<p><b>4. Mindset</b> Exploring both fixed and growth mindsets. The science of neuro-plasticity and neural pathways. Increasing resilience through creating healthy thought patterns and new memories, and the physiological effects that this can have.</p>	<p><b>9. Self-evaluation</b> This important process should take place in all of our lives. It helps us reflect on what we have achieved, where we can improve and how we can learn from our experiences.</p>
<p><b>5. E-Safety/Social Media</b> Exploring and understanding the complexity of today’s online world and the impact that this can have on young people. Identifying ways that we can encourage a positive online presence and reduce the pitfalls.</p>	<p><b>10. Measuring Results</b> Capturing testimonies, collating feedback and reviewing statistics all help to ensure that the project is having an impact. This creates momentum for the future.</p>