

PLUS (Positive Lives Using Skills) Programme



Creating brighter futures together!

Our psychoeducation 'PLUS Programme' will give you a deeper understanding of emotions and will equip you with a self-management portfolio, full of coping strategies and techniques that will allow you to make a positive change for a happier, healthier life.

This can be delivered as a whole programme to a group of people, or we can select individual modules and tailor to suit people's needs and requirements.

Whole programme up to 20 people - £4,000 plus VAT

Cost per module up to 20 people - £500



Module 1: Managing Stress

This session provides you with information about the signs and symptoms of stress, the impact that it can have on our every day lives and tools to help you manage this.

Learning Outcomes:

1. Understand the meaning of stress.
2. Identify the physical, emotional and psychological effects of stress.
3. Recognise the long-term effects of stress.
4. Assess how our lifestyle can influence our wellbeing.
5. Adopt constructive responses to stress.



Module 2: Managing Anxiety

Do you find that you spend large periods of the day worrying?

Do you often feel nervous, apprehensive or on edge?

Do you feel that things are getting on top of you?

Do you find it hard to relax and 'switch off'?

Do you often experience unpleasant physical sensations such as 'butterflies' in your stomach, muscular tension, dizziness or breathlessness?

If the answer to any of these questions is 'yes,' you may be experiencing symptoms of anxiety and this session should help you.

Learning Outcomes:

1. Understand what anxiety is, what causes it and what keeps it going.
2. Recognise whether you may be experiencing symptoms of anxiety.
3. Discover ways to understand, manage or overcome your anxiety.



Module 3: Challenging Unhelpful Thinking

This session provides you with information about how the way we think can affect our behaviour. We will focus on positive thinking patterns and put them into practice.

Learning Outcomes:

1. Develop a basic understanding of the link between thoughts, feelings and behaviour.
2. Recognise how some patterns of thinking are unhelpful, leading to emotions and actions that are not in our best interests.
3. Identify my own unhelpful thinking habits.
4. Consider alternative more beneficial responses and how I can practice these.



Module 4: Managing Low Mood and Depression

This session provides you with information about the symptoms of low mood/depression, suggestions of managing your response and ways to reduce its impact on us.

Learning Outcomes:

1. Understand the difference between low mood and depression.
2. Recognise the physical, emotional and psychological effects of depression.
3. Acknowledge what keeps our low mood/depression going.
4. Identify and learn constructive coping strategies for depression.



Module 5: Effective Communication and Assertiveness

This session provides information on effective ways of communication and listening skills. It also includes information of how important our body language is in communication. The session also provides information on how to be assertive correctly and the importance of being assertive.

Learning Outcomes:

1. Identify effective communication methods and the importance of positive body language.
2. Understand active listening and its significance.
3. Examine problem solving the barriers to communication.
4. Differentiate passive, aggressive and assertive communication styles.
5. Evaluate the benefits of being assertive and learning to say 'no'.



Module 6: Managing Frustration and Anger

This session provides you with information about the symptoms of anger, suggestions of managing your response and ways to reduce every its impact on us.

Learning Outcomes:

1. Understand the emotion 'anger'.
2. Recognize the physical, emotional and psychological effects of anger.
3. Identify the long-term effects of anger.
4. Evaluate current anger management techniques and how to respond.



Module 7: Sleep Hygiene and Relaxation

This session provides you with information around Sleep Hygiene and Relaxation. We will focus on self-help techniques which should contribute to a better night's sleep, as well as identifying ways to relax and unwind.

Learning Outcomes:

1. Identify what can cause sleep problems.
2. Recognise the effects of insufficient sleep.
3. Understand the sleep cycle.
4. Identify unhelpful thinking around sleep.
5. Learn self-help techniques for sleep and create a sleep routine.
6. Understand the benefits of relaxation.
7. Learn how to switch off.
8. Identify some relaxation techniques.



Module 8: Confidence and Self Esteem Building

This session provides you with information around confidence and self-esteem and will provide you with suggestions of increasing your confidence and self-esteem.

Learning Outcomes:

1. Understand what confidence is.
2. Identify the areas you would like more confidence.
3. Acknowledge your own strengths, skills and qualities.
4. Understand what self-esteem is.



Module 9: Embracing Joy and Happiness

This session provides you with information on the emotions of joy and happiness, identifying ways we can aim to improve our own time in order to enjoy different activities.

Learning Outcomes:

1. Recognise what brings joy to our lives.
2. Understand physical, emotional and psychological effects of joy and happiness.
3. Identify how we spend the majority of time, making a plan to ensure we are including joyful activities.
4. Understand gratitude and its importance.



Module 10: Wellness Planning

This session encourages you to review factors that contribute towards your wellbeing. We will help you to create your own 'Wellness plan'.

Learning Outcomes:

1. Identify the 8 areas of wellness.
2. Review the programme and recognise factors that contribute towards my wellbeing.
3. Create my own 'battle plan'.
4. Evaluate the PLUS programme.



We hope to see you soon!

Keep in touch



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