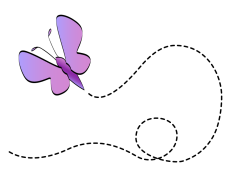
**PROGRAMME OVERVIEW**

Name:Insight

Course Aims: Enable participants to better pilots of their own lives!

To improve self-esteem, self- awareness and to provide emotional management and regulation techniques. To enable more effective interpersonal skills and provide tools to address better mental wellbeing.

This is a stand-alone course that is not gender specific and is not about the behaviours of others – it is about personal discovery and development.

The 4 sessions flow and work in harmony together to provide an overall short programme which can be a stepping stone towards other more intensive specialist programmes like JTF.

Length:5 Weeks

Time of sessions:2 hours with 15 minute break

**The Journal**

The purpose of the journal is for participants to be able to reflect on their learning each week and complete their suggested exercises. The aim is for it to be their individual and personal learning plan unique to them and to support the aim of the programme of self-reflection and pulls the theory and practice together.