

# UTURN WORKSHOP

## BEHAVIOURAL MANAGEMENT

IDENTITY  
5 hours

UTURN  
+5hrs

### ABOUT

A strengths based programme that focuses on behaviour management plans. Awareness of Triggers. Seeking help. Coping mechanisms. Planning Skills

#### Week 1 Unique Freak

Special presentation by MADD messenger using music art and drama to highlight a talk about self acceptance.

#### Week 2 Utalk

An interactive session addressing and combating unhealthy self-talk

#### Week 3 Cultural Roots - Where am I from

Identifying the strengths and values of our heritage and culture.

#### Week 4 Smarts -I am smart

Introduction to the 7 pillars of thinking. An opportunity to see the different smarts within each person and how these work collectively

**Week 5: Te Whare Tapa Wha** - It takes 3 seconds to recognise which strength pillar needs support

**Week 6: Emotions** - It takes 3 seconds to realise I have other ways of expressing my feelings

**Week 7: Connections** -It takes 3 seconds to realise I have support around me that I can seek help from

**Week 8: Step up** - Boot Camp Style Recognise your comfort zone and know how to push yourself to the next level It takes 3 seconds for me to push myself to make a change.

#### Week 9: Coping toolbox -

It takes 3 seconds to remind myself that I am an achiever

#### Week 10: Celebration session

**COST:** \$2250

**LENGTH** 10 HOURS OVER \_\_\_\_\_ WEEKS