

Family Mechanics

A PERSONAL DEVELOPMENT COURSE THAT WILL PREPARE INDIVIDUALS TO BE MORE COOPERATIVE AND RECEPTIVE TO SERVICES & CHANGE, WHICH WILL IN THE SHORT TERM INCREASE SERVICE EFFICIENCY AND EFFECTIVENESS, AND IN THE LONG TERM REDUCE COSTS AND EFFORT.

Timeline	Pre-Course	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Post-Course	
Learner Activity	LIFE ASSESSMENT IDENTIFYING PROTECTIVE FACTORS, VULNERABILITIES AND AREAS FOR CHANGE	MYSELF A 2-HOUR SESSION COVERING INDIVIDUAL AND FAMILY PERSONALITY TYPES TO HELP THEM ADAPT BETTER TO OTHERS	MY EMOTIONS THREE 2-HOUR SESSIONS COVERING HOW TO IDENTIFY AND MANAGE THEIR OWN EMOTIONS, AND HOW TO EXPRESS EMOTIONS IN A HEALTHIER WAY.			MY RELATIONSHIPS TWO 2-HOUR SESSIONS COVERING HOW RELATIONSHIPS ARE FORMED, WHERE THERE COULD BE PROBLEMS IN RELATIONSHIPS AND HOW TO MANAGE THEM BETTER.		LIFE REASSESSMENT TO ESTABLISH WHAT HAS CHANGED, WHAT WILL CONTINUE TO CHANGE, PLUS 'SIGNPOSTING' TO RELEVANT SERVICES	
Underpinned throughout by	Learning Journey Tracker Dedicated Support Online/Social Media Resources								

