

The Butterfly Programme

This award winning programme gives you time and space to explore opportunities in times of change and transition. It is designed to boost personal resources and enhance a sense of direction, purpose and meaning.

The carefully structured journey, sharing tools and techniques and giving you valuable reflection time encourages you to recognise and celebrate your strengths, abilities and achievements. It is an opportunity to give yourself some time and focus, to increase your self awareness, explore your hopes and your priorities, to increase your confidence, efficacy and optimism.

It is ideal if you like the idea of working and learning with others in a group. You will leave the programme with a practical toolkit and a social support network.

Objectives

- Enhance self-awareness and a deep appreciation for your strengths
- Review aspirations and goals and create a personal action plan
- Adopt new behaviours to manage physical, emotional and mental energy
- Develop confidence and resilience in a sustainable way
- Adopt a proactive and positive outlook in order to manage day to day demands
- Work within a supportive environment that encourages open and honest discussion, where everyone can share strengths and identify and respond to real time issues.

Outline

Session 1: Building the learning set

It is important to create an environment of trust, openness and honesty. This session will provide all of the above and will include fun group activities to encourage working together. Most importantly, a fun and relaxing session.

Session 2: Beliefs and Blocks

Taking time out to reflect and discuss 'who am I?'. Spending time considering strengths and capabilities and looking at what motivates and inspires us. Our beliefs about ourselves and the world we live in can impact greatly on our behaviour and the outcomes we can achieve. Sharing tools and techniques to identify, challenge and reframe unhelpful beliefs.

Session 3: Positive Me

This session shares skills to manage behaviour and confidence in dealing with day-to-day demands . A powerful session that will make an immediate impact. You will have the opportunity to talk positively about yourself, realising your own ability to choose how you perceive and have influence on events and create positive approaches and outcomes.

Session 4: The Future You

Looking forward, this session focuses on purpose, vision and goals. The group will share and practice practical tools to bring dreams and personal priorities into the present.

Session 5: Supporting Each Other

A social event for the group is also planned and it is hoped that you will make connections and supportive friendships that will endure beyond the programme.