



Power Tools Workshops

Express Yourself

Why expressing yourself is so important. Looking at techniques to boost your skills and confidence with expressing yourself.

- Understanding how we communicate
- How to say what you want to say.
- Tools for positively expressing yourself

Who Are You? Self Identity

Exploring how Self-Identity is made up and examining some ways to develop personal identity that can benefit our lives.

- Understand the importance of personal identity and how it effects thoughts, behaviours and attitudes.
- Investigate different aspects that make up our personal identity.
- Explore areas of identity for self-development.

Other topics coming soon.

To find out more or book a session please contact your Healthy Minds/Family Learning or Adult learning worker.

This course was developed by Aberdeenshire CLD team.



Aberdeen City
Health & Social Care
Partnership
A caring partnership

Self-Belief and Self-Talk

What is self-talk and how does it affect our confidence and belief in ourselves?

Understanding how to control self-talk with some useful takeaway tools

- Explore three types of self-talk.
- Understand the self-talk cycle and how we can use it our benefit.
- Using self-talk to help develop a positive self-belief system.

Planning for Positive Change: Excuse Busting

We will look at habits and behaviours, taking responsibility and committing to yourself.

- Identifying personal habits and excuses and the barriers they present to progress and wellness.
- Recognising learning and progress as positive for personal growth and mental health and wellbeing.

Assertiveness

Developing and understanding techniques to support positive assertive behaviour.

- Build confidence to improve behaviours and habits in communicating with others.
- Increase awareness of the difference between passive, aggressive and assertive behaviours.