

Haven resilience courses from January 2022:

Title of course	Course content	Learning outcomes
Anxiety and worry part 1+2: What can we do about it?	Recognise physical and mental signs. Demonstrating what interventions, physical and mental, can help to manage anxiety and worry.	Understanding the triggers. Knowing how to counteract the physical signs of anxiety; understanding how to challenge the unhelpful thinking.
Distorted thinking part 1: What does this look like and how does it feel?	Investigate how we can identify distorted thinking.	Becoming aware of distorted thinking and the impact it has on wellbeing.
Distorted thinking part 2: How can we reframe distorted thinking?	Exploring how to challenge distorted thinking and what can be done to sustain these challenges.	Catching the distorted thinking process before they impact on our wellbeing. Using the challenge grid: Is it true or likely? is it doing me good?
Relationships, boundaries, and assertiveness, part 1:	Discovering different kinds of relationships and how things can go wrong.	Identifying unhealthy relationship patterns and becoming aware of core needs.
Relationships and boundaries part 2:	Defining boundaries and how they work can work to maintain healthy relationships.	Understanding how to put boundaries in place and what the obstacles are.
Relationships and assertiveness, part 3:	What is assertiveness? How can we identify it ?	Becoming able to be assertive and maintain boundaries.
Communication and adaptation, part 1:	How we communicate. What is effective. how to be understood.	Understanding the complexity and flexibility of communication.

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Communication and adaptation, part 2:	What happens when things go wrong ? Identifying ways to repair.	Understanding our own role in communication and how to achieve more positive outcomes.
Self- worth, self-care and self-respect, part 1	Discovering what we think of ourselves.	Leaning to challenge negative core beliefs about ourselves
Self-worth, self-care and self-respect, part 2:	Exploring pathways to better self-care and respect.	Acquiring the tools to develop self-worth and self-respect.
Motivation, procrastination and self- sabotage, part 1:	Motivation and action how they interact.	Enabling small steps to begin the journey – learning to goal set appropriately.
Procrastination, part 2:	Understanding what it is and how it works .	Identifying procrastination and finding remedies to reduce it.
Self-sabotage, part 3:	Discovering how self-sabotage is linked to self -worth and fear.	Understanding how self-sabotage re-affirms negative self-worth. How to use affirmations.