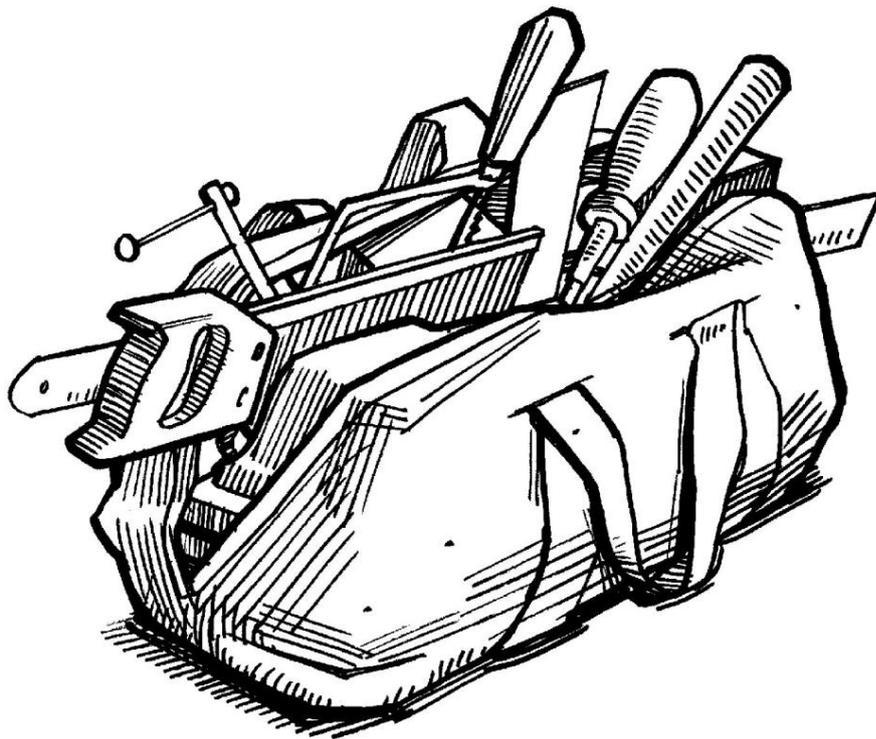


Key Intervention Tools™

Promoting change



**“The specialists in
attitude change”**



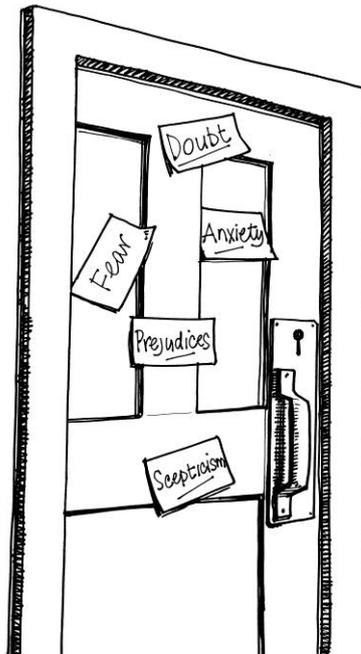
KIT Training Overview
Issue 1 July 2015

Our strengths

- We are a peer led organisation.
- We are experts by experience.
- We challenge people to shake off negative labels and ideas of helplessness.
- We proactively recruit from our own learner base.
- Our work is educational and easy to understand.
- We promote independence and resilience.
- We support partner organisations and commissioning bodies in achieving their stated aims.
- We believe people can and do change for the better, for life.
- We believe people who have overcome their own personal problems have an invaluable knowledge and skills base.
- We maintain quality through accreditation and strong leadership.
- We have a well established evidence base.
- We have experience of delivery in private, voluntary, statutory, adult, young peoples, back to work, drugs and alcohol and criminal justice sectors.

Who we are?

Intuitive Thinking Skills (formerly known as Intuitive Recovery) is a national, **PEER LED** organisation that delivers simple, practical and empowering self help education right at the heart substance treatment, Back to Work, E.T.E, Criminal Justice, Housing and Prison partnerships across England and Wales. Our ethos and programmes have evolved and developed from the **LIFE EXPERIENCES** of people who have overcome significant substance, health and or social problems and more importantly how they **ACQUIRED, TRANSFER** and **APPLY PRACTICAL SKILLS** to achieve enduring **CHANGE**. We are commissioned to work alongside existing providers to skills individuals to utilise existing services better. Through partnership working and the contribution we make to successful and sustained outcomes we have gained a strong voice across England and Wales. Our message is simple **“WE’VE BEEN THERE AND GOT THE T-SHIRT”** - indeed we truly understand change.



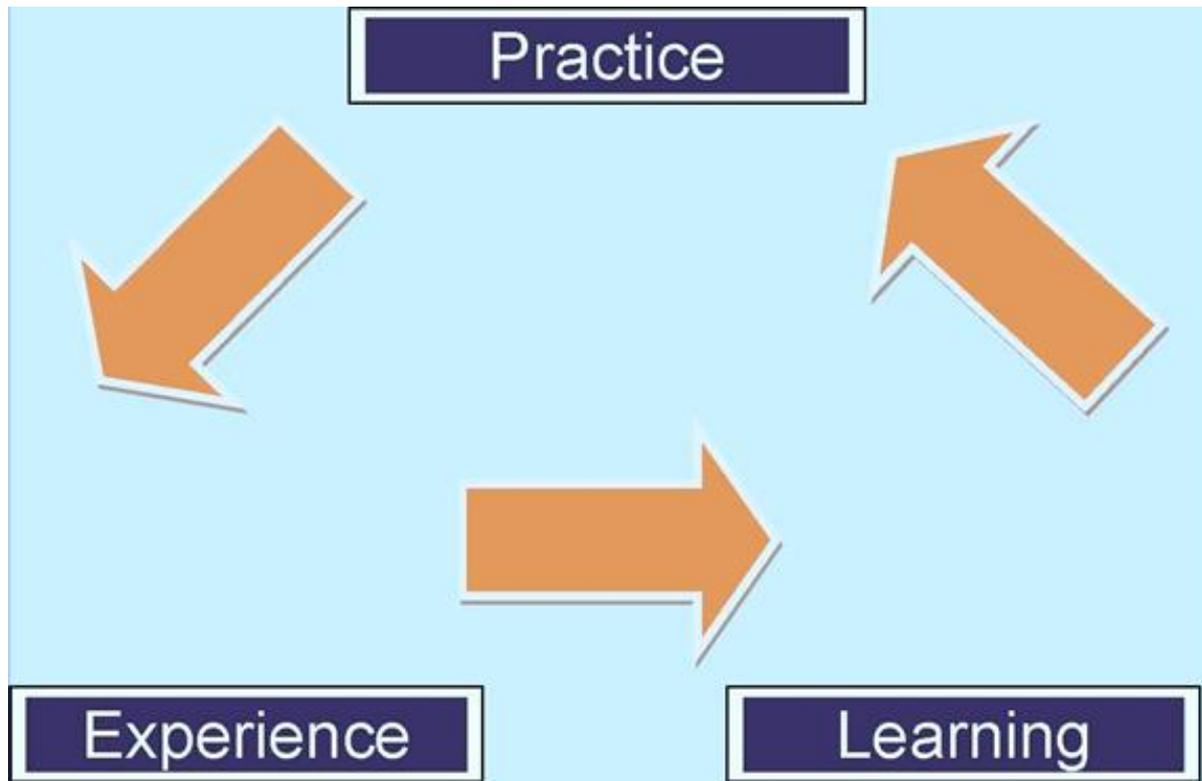
Our values

Our work provides people with the **KNOWLEDGE** about their problems to give them the **POWER** to take **CONTROL** of their lives and future. This is achieved through education - challenging common attitudes, language and beliefs that reinforce and justify helplessness. This gives people the knowledge and ability to make simple life changing decisions whilst understanding and valuing **RESILIENCE**.

Central to our core values and beliefs are that every person has the **ABILITY, RESPONSIBILITY** and **RIGHT** to change their lives and circumstances through **SELF DETERMINATION**. At Intuitive Thinking Skills we promote and instil **CHANGE** through **EDUCATION** and **POSITIVE ACTION**. Key to this is personal responsibility, empowering people through education to fulfil their potential.

What we do

Dependency towards **DRUGS, ALCOHOL, BENEFITS, and STATUTORY SERVICES** has become a consistent factor across our sectors with the most challenges being getting people to **MOVE ON** after many years of both relying on state funded lifestyles and the struggle of shaking off old **ATTITUDES, LIFESTYLES, SUBSTANCES** and **PRESCRIBED SUBSTITUTES**.



Key to changing attitudes is the need to embed **CULTURE CHANGE** through **LANGUAGE** that reflects the shift in thinking; encouraging high expectations and the belief in individual ability to overcome problem no matter how big or small. Developing motivation, personal responsibility and ambition is aligned with planning, communication, **ETHICS, VALUES** and **EDUCATION**. KIT training will help identify, enhance and further develop these skills and attributes.

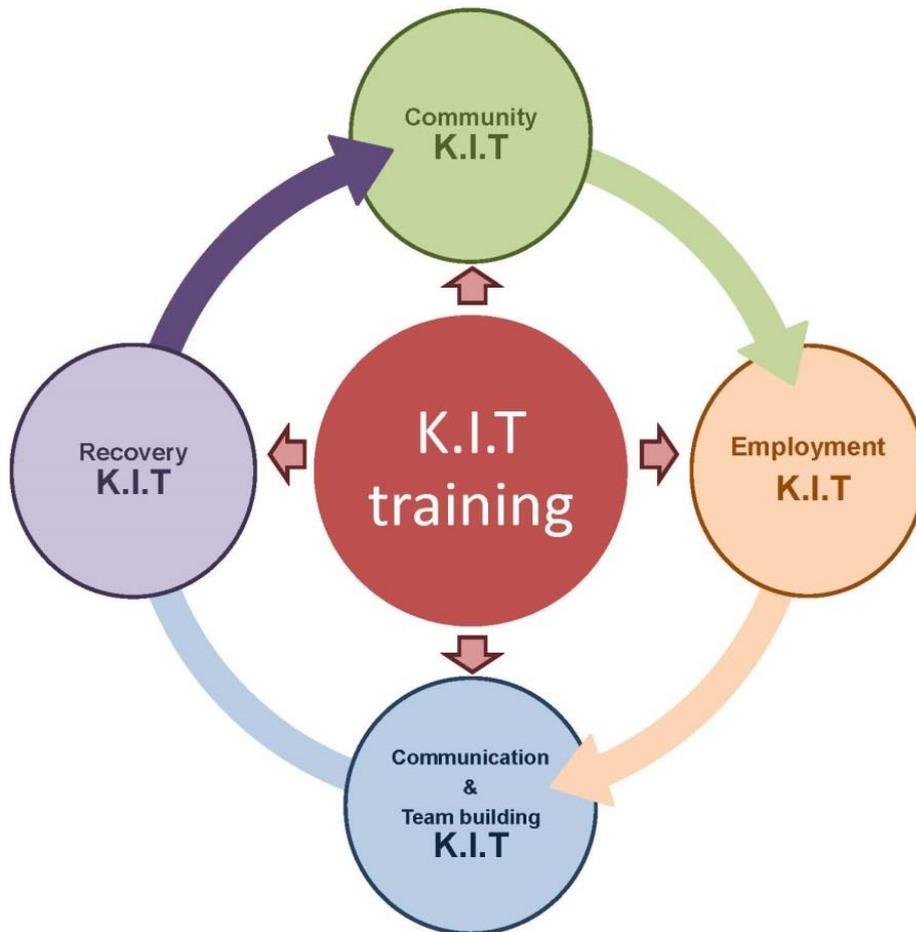
Each learner will receive a printed copy of the training including **PERSONAL DEVELOPMENT** and **PLANNING TOOLS** to encourage S.M.A.R.T goal setting.

Throughout the day there will be an opportunity share experiences and challenges with others. Constructive and objective feedback from learners will go on to inform future training for volunteers, staff and managers.

The training is **FLEXIBLE** and aimed to fit around the needs of our partners either delivered in half or full days.

K.I.T (Key Intervention Tools)

K.I.T training offers **SIMPLE** and **EFFECTIVE** tools that will complement or refresh the **KNOWLEDGE** and **SKILLS** of **PROFESSIONALS, VOLUNTEERS** or **MENTORS**. In fact this is for anybody wishing to gain **INSIGHT** and wanting to improve their work with individuals involved within substance treatment and recovery, back to work, criminal justice and social housing sectors. The key objectives of delivering this training are to both raise **INSIGHT** and **AWARENESS** and promote effective interactions that encourage independent action towards **ABSTINENCE, DESISTANCE, REHABILITATION** and employment.



The value of this training comes from **POOLING KNOWLEDGE**, skills, experience and learning from across sectors to **INFORM PRACTICE** that empowers people to make meaningful changes that benefit themselves and the wider **COMMUNITY**.

We recognise the importance of **CONTINUALLY RE-ENFORCING** and building on the skills and knowledge of frontline staff to deliver services well, whilst also understanding the importance of having clear aims and objectives that achieve outcomes.

Performance and monitoring has become an important part of recovery, employability and rehabilitation along with **QUALITY ASSURANCE** and **PARTNERSHIP** working. Through the day these subjects will be covered in detail along with **STRATEGIES** and **TECHNIQUES** that are both practical and simple to understand.

Recovery K.I.T

- Models of addiction and recovery.
- The language of recovery and how to use this can be implemented in one to one sessions.
- Developing and encouraging open and honest relationships.
- Using critical thinking to build resilience.
- Change language change beliefs.
- Reducing attrition by developing productive engagement.
- Transferring skills to meet self stated aims and objectives.

Employability K.I.T

- Identifying skills shortage.
- Overcoming the fear of change.
- Identifying and transferring skills and attributes.
- The careers ladder – Planning for success.
- S.T.A.R technique – effective story telling
- Promoting entry level employment.
- Effective interview techniques.

Community K.I.T

- What are communities and how they work.
- Rights and responsibilities (citizenship).
- Political correctness or the language of respect.
- Asset based community development (ABCD).
- Improving social capital and upward mobility.
- Challenging inequalities and hate-crime.
- Community awareness and personal development.

Team building & Communication K.I.T

- Micro communities - How do they work?
- Team working and leadership – Respons-ability is the key.
- Critical thinking.
- Effective planning and communication.
- Change words/change thinking.
- Personal development – F.U.L.L life.
- Maintaining the momentum.

The training is highly customisable and additional content can be discussed on enquiry.

K.I.T training evolves with new and existing challenges to help people get more out of their careers.

Learner feedback

The training really stimulated lots of new ideas and made you feel better equipped with relevant knowledge and skills to work with service users – **TD**

Great, the training was very informative and covered great depths – **JA**

Very good, lots of good examples and many ideas to take away and use with clients and in key worker sessions – **GE**

Would have been nice to have more time so that the group activities could have been carried out to test skills, however I very much enjoyed the training. Thank you very much – **EE**

Well delivered and interesting. Got me thinking not only about how this can work for my clients but how this can work for me to – **ES**

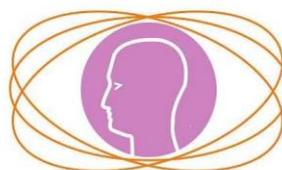
Recognising that we all have skills and how to promote that recognition in others – **VDS**

I thought it was well presented and facilitated and kept me intrigued. This has been the best training I have been on for a while, very enjoyable. Thank you – **DF**

Expertly and interestingly delivered. Very good – **JS**

Enjoyable, well presented, good knowledge in relation to clients - **GW**

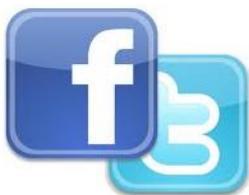
Empowering people through education



Intuitive Thinking Skills™

From dependence to independence

www.Intuitivethinkingskills.com



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