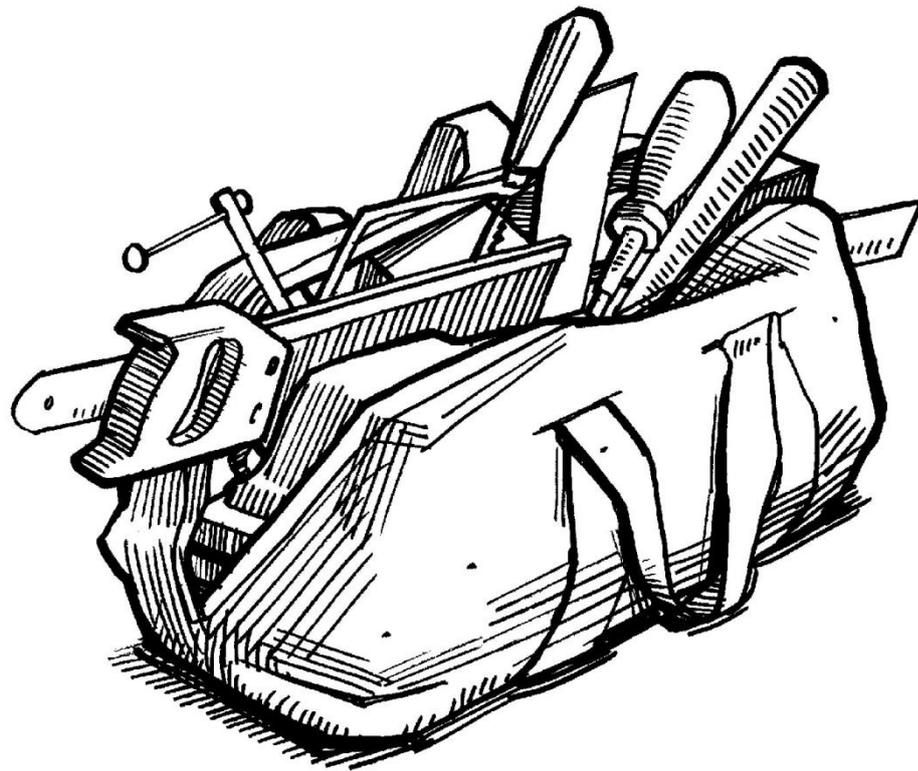


Skills-Tu Life™

Better skills, better lives



Attitude **B**ehaviour **C**hange specialists

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CREATING OPPORTUNITIES



Skills-Tu Life Overview
Issue 1 July 2017

Skills-Tu Life™ is an educational course designed to improve well being, cognitive skills & outcomes for people who hold the lowest expectations for themselves. Skills-Tu Life reflects latest thinking, encouraging ambition and belief in an individuals' ability to overcome their problems. Developing motivation, promoting independence and personal responsibility will enhance and develop the skills of individuals to improve the quality of their lives.

Mental health includes emotional, psychological, and social well-being, affecting how we think, feel, and act. It also determines how we handle stress, build relationships, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Contributing factors include:

- Psychological
- Physical
- Social

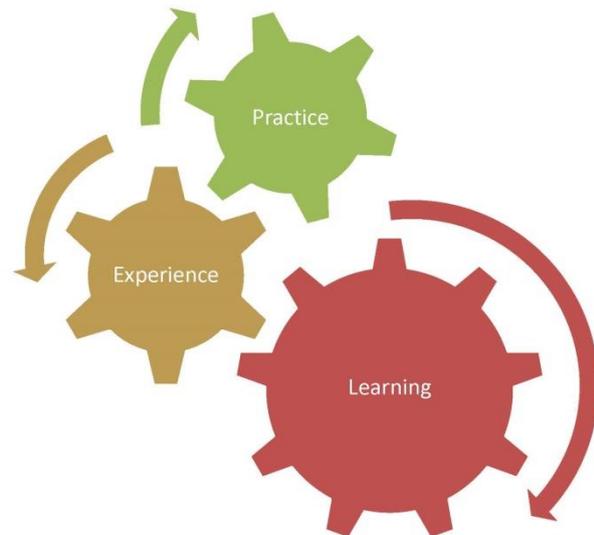
In practical terms it is a system of thinking and beliefs influenced by internal and/or external environments or situations. Skills-Tu Life delivers thinking skills and education that helps develop productive relationships whilst focused on integrating improved lifestyles with the challenges of mental health.

Our experience in the field of mental health

Intuitive Thinking Skills has been delivering peer led training for over 12 years to health and wellbeing, employment and criminal justice commissioning bodies, partners and learners (people who use services).

We deliver services to people with perceived mental health challenges aggravated/brought on by long term unemployment, homelessness, relationships, health conditions, lifestyles, poor diet, disabilities, chronic illnesses, and life expectancy. We help people help themselves by inspiring change. We see 3000 + new learners per year with a mixture of issues including: Anxiety; Depression; Phobias; Schizophrenia; Post psychotic episodes; Addiction; Bereavement; Bi Polar; Eating disorders etc.

Our focus is on recovery and well being, enabling a person to develop the skills to enjoy a meaningful and productive life. Additionally we have trained hundreds of professionals in peer led perspective that is psychologically and trauma informed. Those include work coaches, mental health, drugs/alcohol, criminal justice, advice & guidance and homelessness. Our reputation across the field has developed into a specialist, cutting edge provider of skills. Our social media is the strongest in the field with over 4000 former learners using accounts that support our face to face work.



The course takes into account the various challenges (barriers) that people face improving their well being including:

- Self-esteem/Low confidence
- Difficult circumstances
- Social exclusion
- Learning difficulties
- Knowledge of working benefits
- Stigma
- Substance misuse
- Lifestyles



ISN'T IT TIME YOU TOOK BACK CONTROL?

WOULD YOU LIKE TO UNLOCK YOUR ABILITIES?

Challenges

Part of working with difficult to move individuals is recognising the challenges that come with institutional dependence, involvement with mental health services, long standing substance misuse problems, health inequalities and/or lack of academic qualifications. The people we meet are often a mixture of disaffected, apathetic, sceptical or resistant.

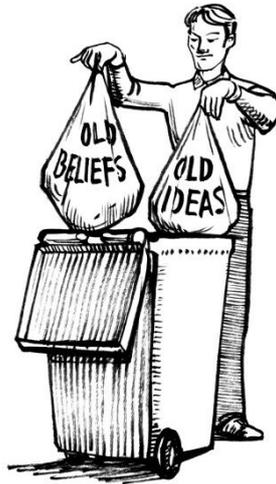


By utilising existing relationships, peer led education, skilled Tutors and a central office we will provide a highly flexible service aimed at helping existing services and partners achieve their key outcomes. We will deliver partnership training for identification and referral along with post course strategies to improve and support best practice.

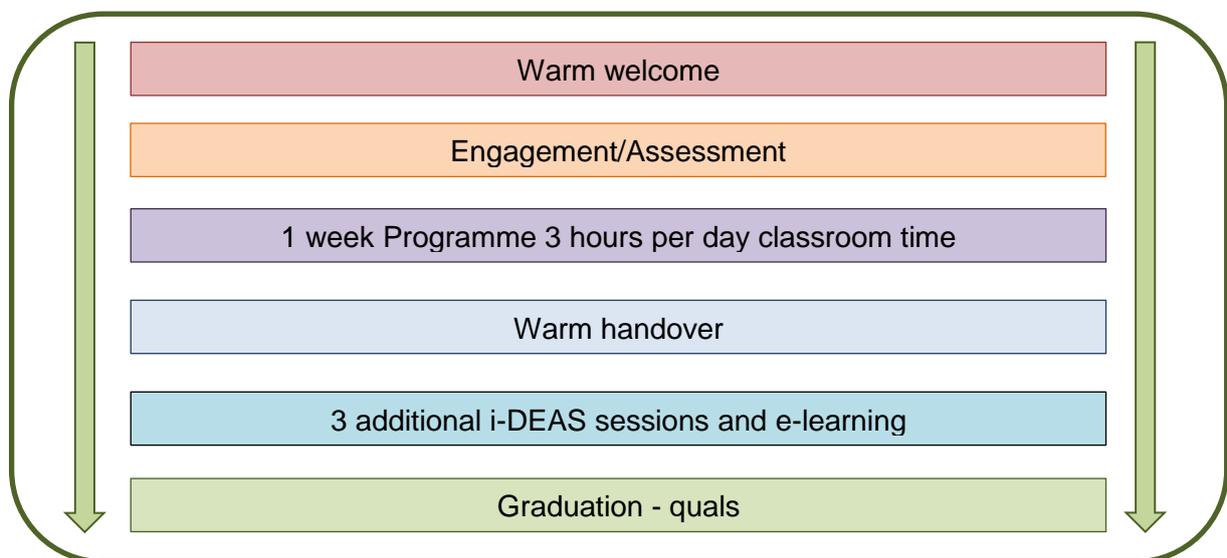
Delivery

Delivery is based in a relaxed classroom setting, with learning based on soft skills, educational and wellbeing outcomes.

Optional follow up sessions are aimed at developing practical knowledge and skill sets as a follow up to classroom time.



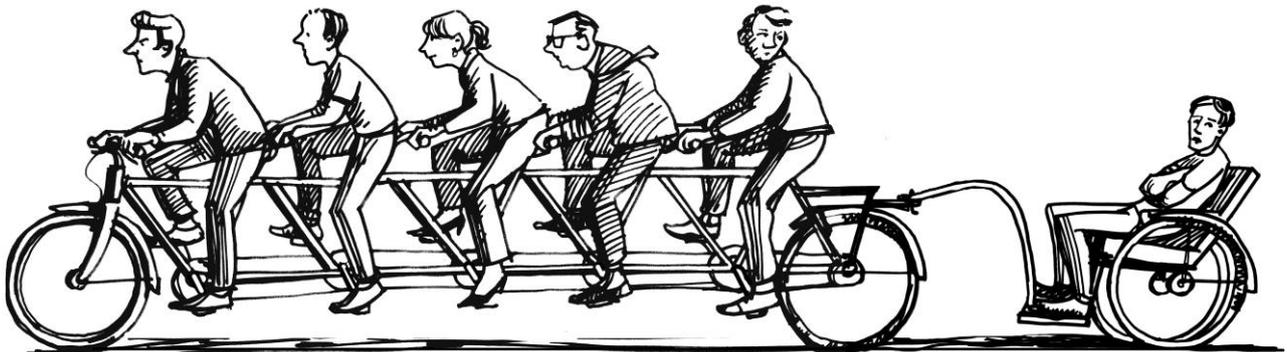
Referrals are taken from the local partnership and prospective learners are assessed and selected based on their needs. Our busy Head Office handles thousands of referrals every year with the minimum of fuss ensuring students, tutors, management and partners receive the relevant information throughout the customers' experience.



We aim to have referrals processed with confirmation produced and sent to both referring agent and customer within 24 hours of contact.

Key topics and skills covered include:

- **Understanding mental health**
- **Building a Relationship**
- **Empathetic Listening**
- **Open Questions**
- **Questioning**
- **Disclosure**
- **Negative Beliefs**
- **Focusing on the Positive**
- **Strengths**
- **Exploring Setbacks**
- **Change**
- **Positive Risk Taking**
- **Effective Decision Making**
- **Strength Building Tools**
- **Transferable Skills**



Asset based

Mental health problems are often the result of other problems although can lead to self-esteem and insecurity but the skills utilised to stay alive and function are considerable. Our learners are highly skilled in this regard and yet they often feel unskilled, useless and insecure of their own value. Once a person starts to recognise their personal skills portfolio, they very quickly become willing and open to using those same skills in a positive manner. This is key to the relationship we foster in our classrooms – we see every person as a highly skilled, valuable asset and we seek to help them realise this potential in a positive manner.

Short Course costs and learner numbers

Costs for our EXTENDED course are available on request

Courses are delivered within a familiar setting, typically at the partner service or agreed community venue.

Each course includes a fully trained, "Skills-Tu Life"™ course coordinator who brings with them relevant, lived in experience of domestic abuse and its impact.

<u>Course Number</u>	<u>Graduates</u>	<u>Cost</u>
1 Skills-Tu Life™ course	5 to 8	£2,750.00
12 Skills-Tu Life courses	60 to 96	£33,000.00

Discounts are available on orders of 24 courses or above.

All costs are quoted exclusive of VAT which will be charged at the prevailing rate, currently 20%

For further information please do not hesitate to contact Head of Community Development on the details below:

Getting in touch

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