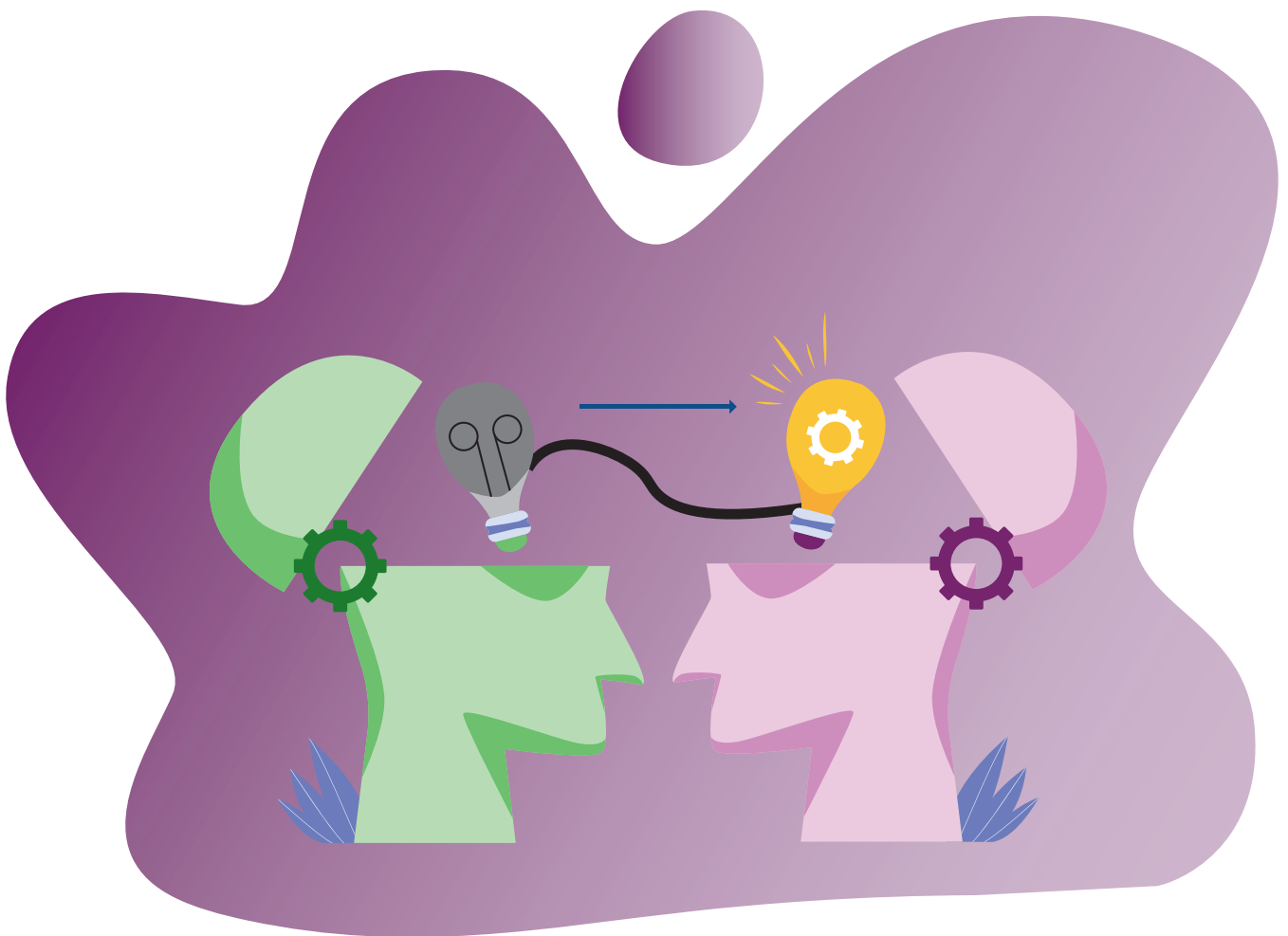




INTUITIVE THINKING SKILLS®
Empowering people through education

Kind Regards

**For people who use aggression or violence to
intimidate or influence decision-making to learn
self-control**



This is an educational course designed to improve self-control through education and skills helping people who have difficulty in controlling emotional and physical responses to life's challenges. Kind Regards reflects latest thinking, encouraging ambition and belief in individual ability.

By developing the key skills of relationship management through critical thinking and the 3 R's (Respect, Resilience & Responsibility) we can enhance and improve the quality of people's individual lives and those around them.

Understanding and learning about ourselves is important because it affects opportunities to grow and how we develop relationships. Temperament shapes responses and reactions –what they do and how they do it.

Perceptions and emotion influence how people behave towards each other and should be a bridge to learning and resolving problems although they are often placed in opposition, affecting the well-being of the individual and people around them. The programme includes brain science, how we think, handle stress and make choices.



The course takes into account the various challenges that people face in day to day life including:

- Low self-esteem/Low confidence
- Difficult circumstances
- Environmental factors
- Social exclusion
- Learning difficulties
- Stigma
- Substance misuse
- Lifestyles
- Mental health

This is delivered both in the community and in prisons. The people we work with are not always looking for help 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 learners and partners achieve their key outcomes.

Key topics and skills covered include:

- Understanding how emotion works
- Controlling the “inner voice”
- How unfounded beliefs result in unreasonable behaviour
- The importance of using language to effect change
- Defining your values
- Understanding rights and responsibilities
- Understanding others
- Strengths
- Self-reflection and self-esteem
- Implementing change
- Personal action plan

Completing learners will achieve a **NOCN Level 1 Award in Behaviour Management (Aggression)**.

