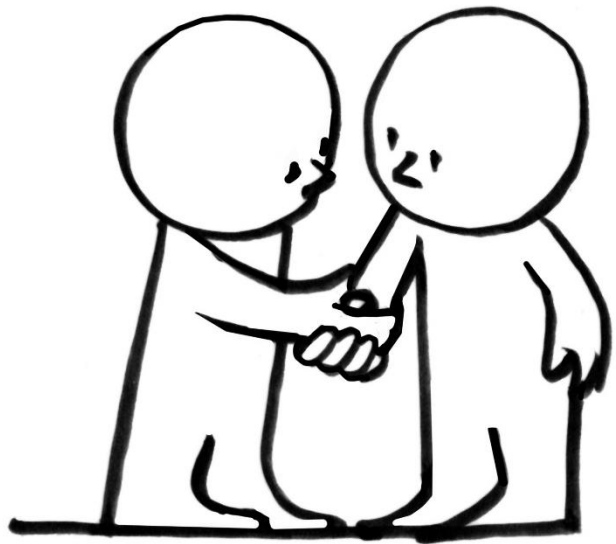




**KIND REGARDS**®  
Building positive relationships



## Taking control

“Specialists in change  
**A**ttitude **B**ehaviour **C**ulture”



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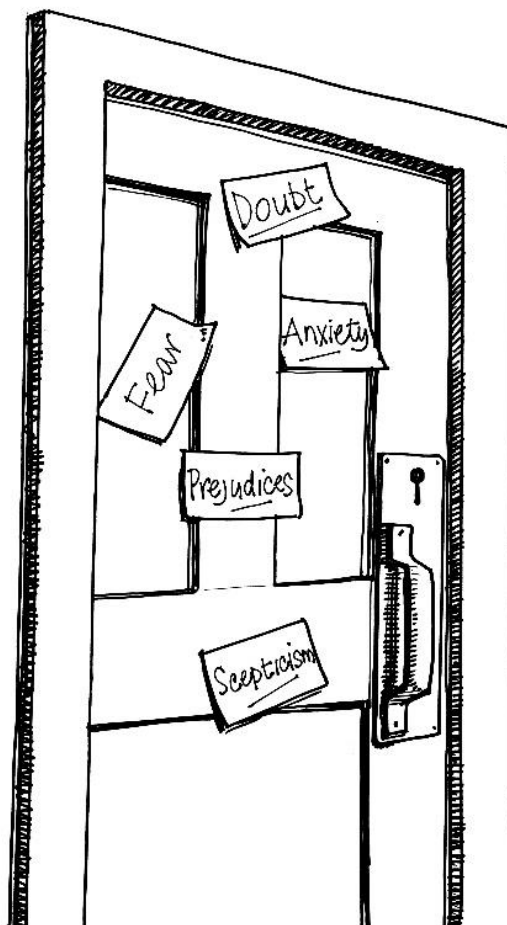
Kind regards Overview Issue 2 August 2020

## **Our strengths**

- ✓ We are a peer led organisation.
- ✓ We are experts through lived experience.
- ✓ We challenge negative labels and 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 can contribute invaluable knowledge and skills.
- ✓ We maintain quality through accreditation, feedback, leadership and shared skills.
- ✓ We have an excellent evidence base.
- ✓ We have experience of delivery across sectors including employment, drugs and alcohol, mental health, schools, homelessness, prisons and criminal justice.

## Who we are?

Intuitive Thinking Skills is a national, **peer led** organisation that delivers **practical** and empowering, self-help education at the heart of **employment, addiction, mental health, Criminal Justice, homelessness** and **prison** service 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. More importantly its how people **acquired, transfer** and **apply practical skills** to achieve enduring change. We work alongside existing partnerships 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”** - we understand change.



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**Kind Regards**™ 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 (**R**espect, **R**esilience & **R**esponsibility) 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 although they are often placed in opposition and well-being in the family. 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



LEARNING OUTCOMES The learner will:	ASSESSMENT CRITERIA The learner can:
1. Understand how critical thinking skills can change behaviour and improve decision-making.	<p>1.1 Describe what is meant by critical thinking.</p> <p>1.2 Outline the stages of critical thinking as they relate to changes in behaviour.</p> <p>1.3 Explain why critical thinking skills are important.</p> <p>1.4 Give personal examples of using critical thinking skills to change behaviour.</p>
2. Understand methods to improve critical thinking skills.	<p>2.1 Describe methods for improving own critical thinking skills.</p> <p>2.2 Outline how personal beliefs can be changed using critical thinking techniques.</p> <p>2.3 Explain, using examples, how critical thinking techniques can be used to change own beliefs about:</p> <ul style="list-style-type: none"> <li>• coercive behaviours,</li> <li>• controlling behaviours.</li> </ul>
3. Be able to use critical thinking skills.	<p>3.1 Give examples of changed beliefs as a result of using critical thinking techniques.</p> <p>3.2 Explain how critical thinking skills have been used to change own thoughts about:</p> <ul style="list-style-type: none"> <li>• coercive behaviours,</li> <li>• controlling behaviours.</li> </ul>

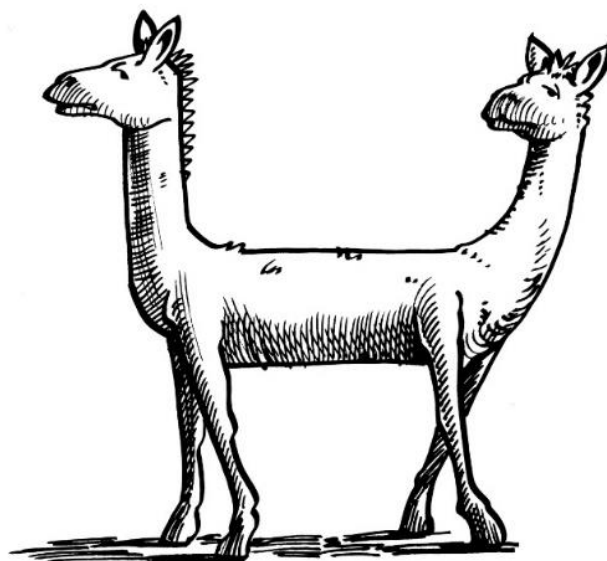


## **Our experience in the field of mental health**

Intuitive Thinking Skills has been delivering peer led training for over 13 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, poverty, 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: Anger; 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.



## **Challenges**

Part of working with difficult to move individuals is recognising the challenges that come with institutional dependence, 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 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**

**ISN'T IT TIME YOU TOOK BACK CONTROL?**

**WOULD YOU LIKE TO UNLOCK YOUR ABILITIES?**

## **Getting in touch**

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