



INTUITIVE THINKING SKILLS®
Empowering people through education

Skills-Tu Life

**Supporting people to gain the right Skills and Tools to
improve mental health and well-being**

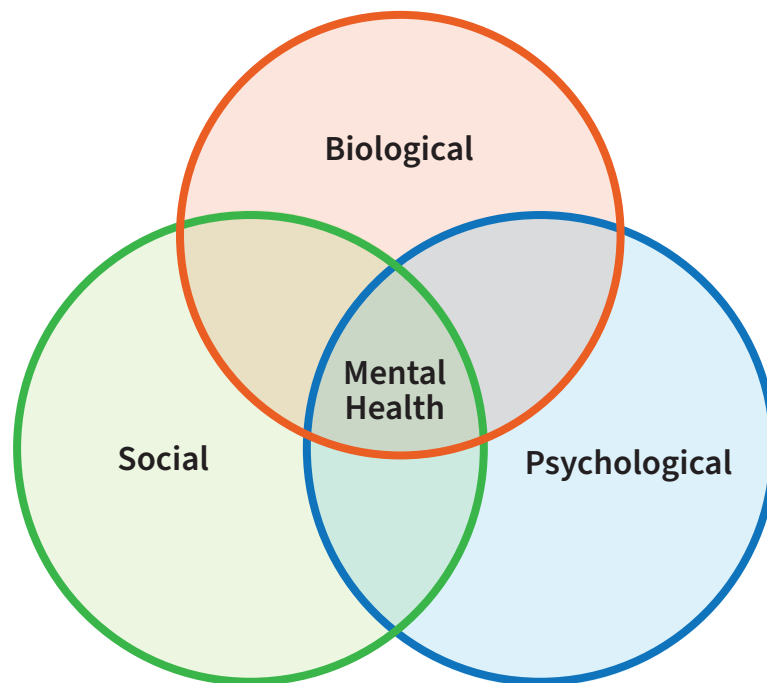


This is an educational course designed to improve well-being, cognitive skills & outcomes for people who hold the lowest expectations for themselves. Skills-Tu Life reflects latest thinking, encouraging ambition and belief in an individuals' ability to overcome their problems. Developing motivation, 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.



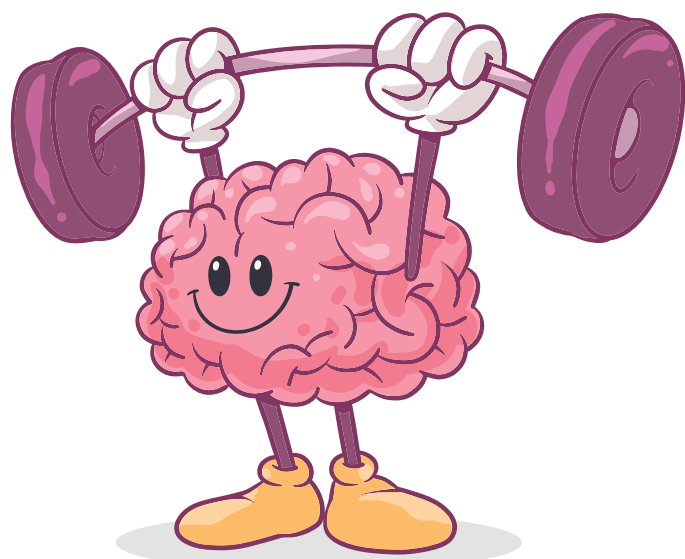
Intuitive Thinking Skills has been delivering peer led training for over 18 years to health and well-being, employment and criminal justice commissioning bodies, partners and learners (people who use services).

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 and we see over 4000 new learners per year with a mixture of issues including anxiety, depression, phobias, schizophrenia, post psychotic episodes, addiction, bereavement, bipolar, 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.

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

- Self-esteem/Low confidence
- Difficult/traumatic circumstances
- Social exclusion
- Learning difficulties
- Stigma
- Substance misuse
- Lifestyles



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

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

Sessions

Key topics and skills covered include:

- Understanding mental health
- Building a Relationship
- Life skills
- Learning skills
- Critical thinking
- The Thinking, beliefs and actions
- Reasoning and decision making
- Listening skills
- Asking Questions
- Knowing your strengths
- Positive Risk Taking
- Strength Building Tools
- Transferable Skills
- Living a F.U.L.L life



Skills-Tu Life learning outcomes

- Understand physical, environment and psychological concepts of mental health
- Outline a structural approach to mental health
- Being able to understand and assess your own learning styles
- Being able to understand how life skills can be transferred
- Being able to understand and assess your own strengths
- Using tools to change thinking, emotion and behaviour
- Identify the ambivalence of change
- Outline how recognising ambivalence can be used to support recovery
- Understand the tools available to support recovery
- Identify examples of transposing to recognise and challenge own beliefs
- Know the importance of planning change
- Know how to practice self-reflection

Outcomes and Targets

Skills-Tu Life is delivered across a wide range of services so applying one, universal target or outcome is intangible. Having said that, look at these successes!

- 90% of learners complete the programme through to graduation.
- 90% of learners giving positive and constructive feedback
- 100% of completing learners achieving a national qualification
- 80% of completing learners report themselves as improving their confidence, well-being and social skills.
- 40% of learners reporting reductions in problematic substances where appropriate
- Additional targets can be set to fit in with partner outcomes

Skills-Tu Life Model

