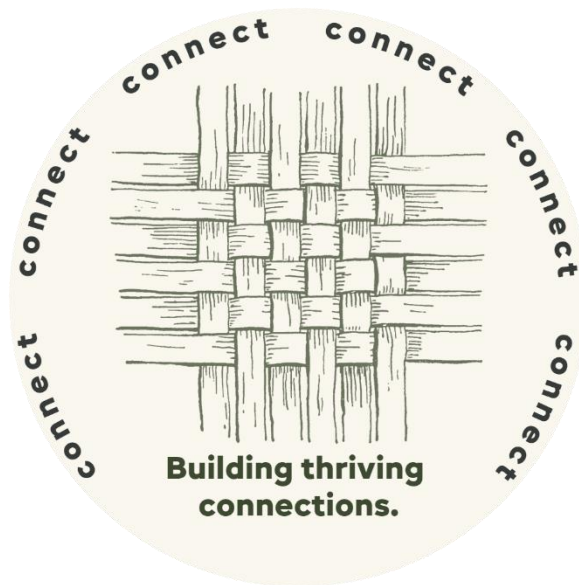


WELLBEING SKILLS SHORT COURSES INFORMATION



These courses are suitable for women aged 16 and over who are motivated to make changes in their life.

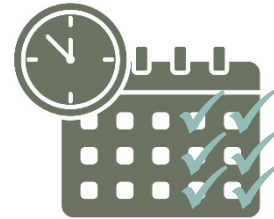
Brief Overview

Days and Times:

Each short course is held on **Thursdays and Fridays**, for six weeks.

For the starting date of our next course please refer to our website:

www.agirlcalledhope.org.nz/wellbeing-skills-courses



Each day starts at 10:00am and finishes with afternoon tea at 3pm.

Our Team:

The team running the courses are our Programme Manager, Makerita Siaosi together with one of our course facilitators, Rosi Bradley. They are here to support you and have a fantastic programme planned for the 6 weeks.

We Provide:

We provide nutritious morning tea, lunch, and afternoon tea.

Cost:

As a part of our commitment to reduce financial barriers for participants, our courses are offered at a subsidised rate of \$375. This covers all materials and food (morning tea, lunch, and afternoon tea). Please let us know if this fee seems out of reach so we can look at some options for you. We don't want cost to prevent anyone from attending.

Getting to the course:

There is limited parking available on-site so please let us know if you plan to bring your own vehicle. You are welcome to be dropped off and picked up, alternatively if you are using Public Transport, we can arrange for you to be collected and dropped back to the Albany Bus Station or another suitable location close-by.

Location:

A Girl Called Hope is located in Albany, on the North Shore of Auckland, and is a lovely semi-rural venue. There is plenty of space both inside and outdoors to enjoy.

A typical day on a short course at 'A Girl Called Hope'

A typical day

- 
- 10:00am
Whakawhanaungatanga: Connection
Morning Tea
 - 10:30am
Session: Learning, trying new things & growing
 - 12:30pm
Kai: Lunch together is an intentional time to develop social skills. There is time after eating together to relax & enjoy the spaces on site. A piano, a keyboard, board games, outdoor games equipment and books are available for your use. There are also spaces for gathering or for you to enjoy some time on your own.
 - 1:30pm
Session: Learning, trying new things & growing
 - 3:00pm
Course Finish Time and afternoon tea

Vital Information



How to get a hold of us

Monday to Friday from 8:30am to 4:30pm.

Phone : 09 443 7136

Mobile: 021 772 168

Email: admin@agirlcalledhope.org.nz with any course queries and Fiona will be happy to assist.



What to bring

- ✓ Something to write on – pens, notebook.
- ✓ Water bottle.
- ✓ Whatever you need to charge your phone.



Please don't bring

- ⊘ Alcohol.
- ⊘ Drugs, including edibles.
- ⊘ Anything that is harmful to yourself or others.
- ⊘ Smokes, including Vapes.



What we provide

- Food and drink: tea, coffee, snacks and a light lunch.
- Ideas to help you develop your Wellbeing Kete.
- Short Course Journal and course notes.

Making the most of our time together

Knowing what to expect from us, and from each other, is a big help to relieve anxiety. It also helps as we build trust with each other so that it's a safe space to try new things and grow together.

ASKING IS WELCOME – We love questions! Our team are ready to help you and we won't be bothered or annoyed with anything you ask.

GIVE IT A GO – Please come willing to try new skills and to share reflections from those experiences. This isn't always easy so we will be supportive of each other as we give things a go.

OUR COURSES – are to help you to strengthen your wellbeing and use evidence – based models, theories, and practices.

Be open to participating and contributing to discussion and group activities – your voice is important and will help the whole group's learning (true story!).

PLEASE STAY HOME IF:

You are unwell – keep each other safe!

If you can't make it for any reason, please make sure to let us know.

CULTURE OF RESPECT – Please be respectful of each other by being kind and having consideration for one another.

A reminder that this course is non-smoking, non-vaping, alcohol-free, drugs-free, and excludes behaviour that is harmful to self or others. We take this seriously and will address this if needed to keep everyone safe.

A GIRL CALLED HOPE KAUPAPA

Our desire is that everyone who engages with us would experience unconditional love and transformative change, resulting in freedom; this is our Christian environment, our kaupapa.

SOCIAL CONNECTION

Morning Tea, Lunch and Afternoon Tea are important times in the Course for social connection. Particularly at Lunch, once there has been karakia, everyone then serves themselves and after we have eaten together there is plenty of time for participants to relax and spend their time as they please before the afternoon session begins.

SOMETIMES PEOPLE DON'T GET ALONG

This happens because, thankfully, we all don't think the same! Here, we respect everyone's opinions so if there's a disagreement that keeps going then please ask for, or be willing to take part in, a resolution process with our team's help. We like to sort things out quickly and fairly, and the mana of everyone involved is maintained.

Content of the two Courses, Connect & Grow

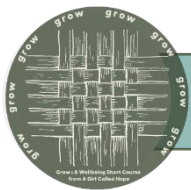


Connect: A Wellbeing Skills Course

The overall aim of the 'Connect' short course is to empower participants to build thriving connections both now and in the future with themselves, their communities, and their environment.

From participating in this course participants will be able to:

- Recognise their value.
- Implement mindfulness and grounding skills to better regulate emotions.
- Identify unhealthy and healthy relational dynamics with both self and others.
- Use healthy communication tools in their daily life.



Grow: A Wellbeing Skills Course

The overall aim of the 'Grow' short course is to empower you to discover and grow in your resilience. By learning tools that can help you in the moment when you're experiencing distress, you can grow in your ability to strengthen your wellbeing and use the learnings from your past to maintain changes.

From participating in this course participants will be able to:

- Recognise what impacts their thoughts, emotions and behaviour.
- Implement mindfulness and grounding skills to better regulate emotions.
- Apply tools to improve their overall wellbeing.
- Determine how 'doing everyday life well' looks for them.

The Grow course is divided into three spaces of learning:

FORESIGHT

Tools for taking care of myself in the day to day, to keep moving towards my values, goals and future hopes.

MIDSIGHT

Mindfulness, grounding, and soothing tools that help in the moment when experiencing distress.

HINDSIGHT

Processing tools to better understand myself and my triggers so that I can implement sustainable change.

Course Content

Learning happens through experiential discovery in a group setting. Activities are designed to help you overcome things or situations that cause fear or anxiety. Content is based on current evidence-based models, theories and perspectives such as Cognitive Behavioural Therapy, Dialectical Behavioural Therapy and the Strengths Based Approach.

CONNECT		GROW	
#	Session Title	#	Session Title
1	Mihi whakatau : Welcome to “Connect”	1	Mihi whakatau : Welcome to “Grow”
2	Establishing the group	2	Establishing the group
3	Te Whare Tapa Whā & Boundaries	3	Te Whare Tapa Whā and Foresight, Midsight & Hindsight
4	Boundaries	4	Emotional Awareness
5	Values	5	The Autonomic Nervous Systems
6	Drama Triangle	6	Self-Compassion
7	Winners Triangle	7	Dual Awareness & Grounding
8	Boundaries	8	Sensory Modulation
9	Johari’s Window	9	The Process of Use
10	Communication Skills I	10	The Five Part Model
11	Communication Skills II	11	Neuro Plasticity
12	Kete Development	12	Kete Development
13	Internal Drama Triangle	13	Thought Trackers
14	Inner Critic	14	Boundaries & Responsibility
15	Forgiveness I	15	Communicating Clearly
16	Forgiveness II	16	Hauora Self Care: HALTSSS & EWS
17	Radical Acceptance I	17	Hauora Self Care: Routine, Hygiene, Sleep
18	Radical Acceptance II	18	Hauora Self Care: Activity
19	Kete Development	19	Kete Development
20	Future Vision	20	Future Vision
21	Love Languages	21	Hauora Self Care: Nutrition
22	Whānau, Community Map	22	Life in Community
23	Unpacking the Journey	23	Unpacking the Journey
24	Poroporoaki	24	Poroporoaki

The learning and practice of mindfulness and grounding skills are woven throughout the course.

Finishing Well

At the conclusion of our courses, we have a Poroporoaki to celebrate and farewell participants. Finishing well is important to our team and the Poroporoaki process gives us all the opportunity to acknowledge the challenges and the joys of the course journey.

These courses are not achievement or performance based and so there is not a 'pass or fail' grade. How each participant views "completion" is established at the start of the course so they are empowered to guide their journey. As part of the Poroporoaki participants receive a certificate acknowledging their commitment to the process and the strengthening of their wellbeing. The rewarding outcome for all participants is the confidence they gain to regularly use the skills and tools they have added to their Wellbeing Kete.

Ngā mihi,
Makerita, and the team at A Girl Called Hope



agirlcalledhope.org.nz/wellbeing-skills-courses

P : (09) 443 7136

M : 021 772 168