

WORKSHOPS.

DELIVERED BY BECOME

Introducing our range of free workshops for groups of children in care and care leavers, developed to support them with both the practical and emotional challenges of being in or leaving care. From knowing your rights to knowing yourself, managing emotions to managing the move to independence, these twelve one-hour workshops are free and can be delivered to group at your venue or site. For more information please visit www.becomecharity.org.uk or call 020 7251 311.

Character Strengths

Exploring positive personal traits. Participants will identify their signature strengths and explore ways to use these in their everyday lives to benefit themselves and others.

Managing Emotions

Exploring the relationship between thoughts, feelings and behaviours. Participants will gain tools and ideas for creating more positive emotions in their lives.

Knowing Yourself and What's Important to You

Exploring values. Participants will identify what drives and influences their behaviours in different areas of their lives, such as achieving goals and in relationships with others.

Setting Meaningful Goals

Exploring the characteristics of a well-formed goal. Participants will be able to define and work towards meaningful and compelling personal goals.

Understanding Trauma

An introduction to trauma. Participants will learn about the long term responses to traumatic experiences and gain tools and approaches to manage responses.

Self-Love and Confidence

Exploring self-love and inner confidence. Participants will develop foundations for a positive relationship with themselves and explore techniques to boost self-esteem.

Relationships & Communication

Defining the characteristics and importance of positive relationships and learning a range of communication tools for building strong and healthy relationships with others.

How to Find Flow

Exploring the characteristics of 'flow' state (being truly engaged in positive tasks). Participants will identify how they can utilise their strengths to increase wellbeing.

Positive Coping Strategies

Identifying common behaviours used for 'coping' and learning a range of positive coping strategies so that participants feel prepared to handle challenging situations.

Your Rights & Entitlements

Participants will learn about the support they are entitled to from the local authority and what to do if they're not receiving the right support or don't feel heard. (This workshop can cover rights in care or leaving care, as appropriate to the group.)

Moving to Independence

For those preparing to leave care, this session provides information, advice and guidance, so that participants feel better prepared for the transition to independence.

Exploring Higher Education

Highlighting the support available for HE and introducing our Propel website. Participants will be able to make informed choices around HE and where to study.

Workshops are available for group bookings subject to availability, terms and conditions. We may charge a small fee to cover staff time and travel. To discuss bespoke workshops based on your specific requirements, please call on 020 7251 3117 or email engagement@becomecharity.org.uk

BECOME.

THE CHARITY FOR CHILDREN IN CARE
AND YOUNG CARE LEAVERS