

B - ALIVE

CHAMPIONS OF LIFE – LIVING POSITIVELY

Overview

To provide the learner with the knowledge and understanding of why people behave the way they do and how actions, beliefs and pre-programming influence who and what they are. The learner will be able to consistently improve their life and have a positive life changing influence on those they come into contact with this will include the ability to handle conflict and stress in there and others lives.

Course content

- Altering life’s outcomes
- Becoming all you are meant to be
- Handling conflict
- Handling stress

Outcome of the workshop

Providing the learner with the ability and skills to alter life’s outcomes to ensure that they reach their full potential and are able to handle and manage conflict and stress both individually and assist others.

Target market

Champions of wellness

Format

Interactive Workshop

Duration

3 days

Paterson Grade	AECI Group Job Families					Duration	Entry requirement
	Support	Sales	Manufacturing	Engineering	Research		
E Level	x	x	x	x	X	3 days	NQF 3

IMPORTANT – COMPETENCY CERTIFICATION

All training modules provided by Positively Alive are outcomes based and as such a certificate of competency is only achieved once the delegate has successfully implemented, complete and submitted a portfolio of evidence against the required outcomes of the unit standards.

NO ATTENDANCE CERTIFICATES ARE ISSUED: - COPIES OF ATTENDANCE REGISTERS ARE HELD BY THE SERVICE PROVIDER AND ORIGINALS ARE SUBMITTED TO THE CLIENT.

Training Module Contents:

Chapter 1 – Altering Life’s Outcomes

OBJECTIVES

Why people behave the way they do and how to developing a self-reliant mentality.

OUTCOMES

- Realising how life patterns influence your life.
- How to develop a self-reliant mentality?
 - Assume responsibility
 - Be informed
 - Know where you’re going
 - Make your own decisions.

Chapter 2 – Being all you are meant to be

OBJECTIVES

To provide learners with the skills to consistently improve their lives and have a positive live changing influence on those they come into contact with.

OUTCOMES

- Understanding the self-development
- Embracing the benefits of self-development, personal growth and the improvement of self
- Unleashing your true potential
- Tools for embracing and applying self-development.

Chapter 3 – Handling Conflict

OBJECTIVES

To provide learners with the ability, skills and techniques to handle conflict both in their personal lives and at work.

OUTCOMES

- What is conflict – Definition
- What causes conflict
- Using conflict handling skills
- Understanding the various styles people engage when deal with conflict.

Chapter 4 – Handling Stress

OBJECTIVES

To provide learners with the ability, skills and techniques to handle stress both in their personal lives and at work.

OUTCOMES

- What is stress – Definition

- What causes stress
- Using and applying stress management skills,
- Having an appreciation of how individuals experience stress.

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CK2010/002085/23



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