
EMPOWERMENT FOR VULNERABLE ADULTS

AIMS: To provide practical and simple real life information, strategies and techniques in empowering vulnerable adults to overcome bullying and negative behavior and patterns.

OUTCOMES: This course can cover the following main areas:

BECOMING AWARE OF YOURSELF

LEARNING TO BE CONFIDENT AND ASSERTIVE

UNDERSTANDING FEAR, STRESS AND ANEXITY

SPACE TO SHARE

TOOLS & TECHNIQUES

INFORMATION SERVICES

PRE-REQUISITES: Vulnerable Adults (male and female) that are having problems at a place of study, home, in their communities and are finding it difficult to resolve these problems.

TARGER GROUP: Vulnerable Adults that may feel that they are not achieving their full potential may have been victimized in the past or currently being victimised. They may be in trouble with the law, or have issues around alcohol and drugs.

SUGGESTED TRAINING: Carried out on a one-to-one or group basis.

SYNOPSIS

This course will be carried out over a variable period, (times to suit the organization). It provides valuable knowledge for empowering vulnerable adults. It's about engaging them and allowing them to feel confident and assertive in their own lives. The course will give invaluable information and tools for vulnerable adults to become aware of what their rights are, what support systems are out their, how they can manage their own lives.

DETAILS

Cost of course:	Details on application	Max delegate no:	Room Size
Duration:	Flexible	Min delegate no:	one
Contact:	Sev Necati	Dress Code:	Comfortable

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