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## EMPOWERMENT FOR YOUNG PEOPLE

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- AIMS:** To provide practical and simple real life information, strategies and techniques in empowering young people to achieve their goals and over riding negative behavior and patterns.
- OUTCOMES:** This course will 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

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- PRE-REQUISITES:** Young Boys and Girls that are having problems at school, home, in their communities and are finding it difficult to resolve these problems.
- TARGER GROUP:** Young people that may feel that they are not achieving their full potential, may have been victimized in the past or currently having issues around achieving their goals. Young people that may be in trouble with the law, or being excluded from school.
- SUGGESTED TRAINING:** Carried out on a one-to-one or group basis.
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### **SYNOPSIS**

This course will be carried out over a variable period, (times to suit the organization / school). It provides valuable knowledge for empowering young people. It's about engaging young people and allowing them to feel confident and assertive in their own lives. The course will give invaluable information and tools for young people to become empowered and achieve and live the lives they want too without being judged.

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### **DETAILS**

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|------------------------|--|-------------------------|-------------|
| <b>Cost of course:</b> | Details on application   | <b>Max delegate no:</b> | Room Size   |
| <b>Duration:</b>       | Flexible   | <b>Min delegate no:</b> | one         |
| <b>Contact:</b>        | Sev Necati<br><a href="mailto:info@sevnecatitraining.com">info@sevnecatitraining.com</a> | <b>Dress Code:</b>      | Comfortable |