



MY I-D.E.A.S.[®]

Individual Development Education and Skills

Bespoke Tailored Learning

For Adults



**“The specialists in
attitude change”**



My I-D.E.A.S

The My I-D.E.A.S sessions are specifically written to deliver key personal skills sets which provide focus, motivation, and planning for Adults engaged across a range of public service environments, such as DWP Education Training & Employment, Drug and Alcohol Treatment, Health/Mental Health, and Criminal Justice services.

Sessions:

Sessions can be customised to deliver either standalone modules or a structured programme of learning. They can be mixed and matched to achieve bespoke outcomes. Topics available fall under the following 7 categories:

- ✓ Personal Development
- ✓ Thinking Skills
- ✓ Behaviour Change Skills
- ✓ Criminal Justice
- ✓ Physical & Mental Health
- ✓ Self-perception & Keeping Safe
- ✓ Education & Employment

We can create content specific to your commissioning needs, we're able to work with you to create a bespoke package of learning that speaks to the needs of your service users.

Delivery:

Delivery is bespoke to the service required and built around your needs. Sessions can take place over 1 week or a number of weeks. Our specialism is to fit around your learners needs.

Possible Delivery Models:

- Face to Face Group Classroom Environment
- Virtual Group Classroom using Zoom or Windows Teams
- Elearning through our Think Tank

NOCN Qualification

Where an accreditation is desired, completing learners can achieve NOCN Level 1 Award in Developing Critical Thinking Skills to Enhance Decision Making

4.1 Mandatory Components

Title:	Critical Thinking Skills to Enhance Personal Decision Making
Level:	1
Credit Value:	1
GLH:	7
Ofqual Reference Number:	R/617/2661

LEARNING OUTCOMES	ASSESSMENT CRITERIA
The learner will:	The learner can:
1. Understand how critical thinking skills can change behaviour and improve decision making.	1.1 Describe what is meant by critical thinking. 1.2 Outline the stages of critical thinking as they relate to changes in behaviour. 1.3 Explain why critical thinking skills are important. 1.4 Give personal examples of using critical thinking skills to change behaviour.
2. Understand methods to improve critical thinking skills.	2.1 Describe methods for improving own critical thinking skills. 2.2 Explain, using examples, how critical thinking techniques can be used to change own beliefs.
3. Be able to use critical thinking skills.	3.1 Give examples of changed beliefs as a result of using critical thinking techniques. 3.2 Explain how critical thinking skills have been used to change own thoughts.