

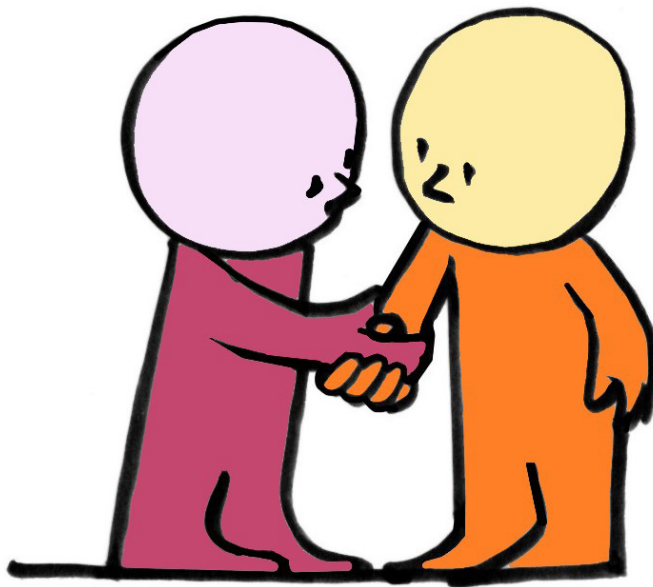


# KIND REGARDS<sup>®</sup>

Building positive relationships

## Helping people use skills for behaviour change

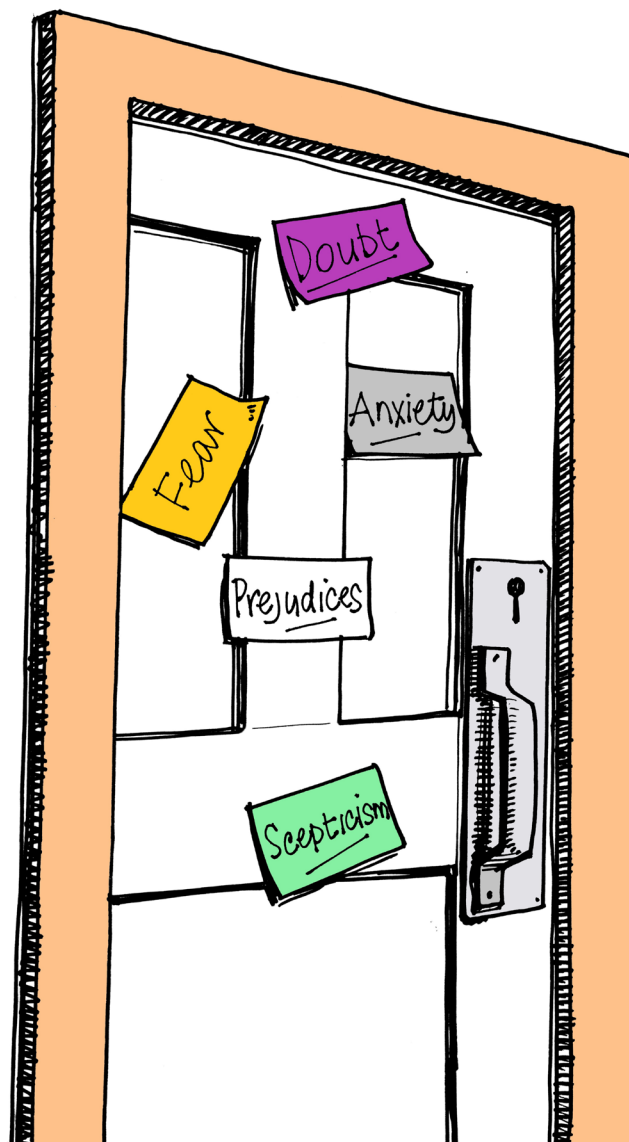
Anger Management



## Kind Regards™

This is an educational course designed to improve self-control through education and skills helping people who have difficulty in controlling emotional and physical responses to life's challenges. "Kind Regards" reflects latest thinking, encouraging ambition and belief in individual ability. By developing the key skills of relationship management through critical thinking and the 3 R's (Respect, Resilience & Responsibility) we can enhance and improve the quality of people's individual lives and those around them.

Understanding and learning about ourselves is important because it affects opportunities to grow and how we develop relationships. Temperament shapes responses and reactions –what they do and how they do it.



**Perceptions** and **emotion** influence how people behave towards each other and should be a bridge to learning and resolving problems although they are often placed in opposition, affecting the well-being of the individual and people around them. The programme includes brain science, how we think, handle stress and make choices.

The course takes into account the various challenges that people face in day to day life including:

- Low self-esteem/Low confidence
- Difficult circumstances
- Environmental factors
- Social exclusion
- Learning difficulties
- Stigma
- Substance misuse
- Lifestyles
- Mental health



## Delivery

This is delivered both in the community and in prisons. The people we work with are not always looking for help are often a mixture of disaffected, apathetic, sceptical or resistant.

By utilising existing relationships, peer led education, skilled Tutors and a central office we will provide a highly flexible service aimed at helping learners and partners achieve their key outcomes.



Key topics and skills covered include:

- Understanding how emotion works
- Controlling the “inner voice”
- How unfounded beliefs result in unreasonable behaviour
- The importance of using language to effect change
- Defining your values
- Understanding rights and responsibilities
- Understanding others
- Strengths
- Self-reflection and self-esteem
- Implementing change
- Personal action plan

# NOCN Level 1 Award in Developing Critical Thinking Skills to Enhance Decision Making



## Mandatory Components

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

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

