

Lifestyle & Literacy Assessment & Research Centre

High Five

This programme deepens the connections between Forum members by revisiting core values and challenging fears, exploring how past history moulds present beliefs and behaviours, and replacing disabling habits with empowering strategies for coping with the year ahead.

Relationships

- Exploring Marriage

What Do Men and Women Want?

As a Forum we shall brainstorm the "conflicts of marriage". Then each member will spend 20 minutes discussing how each conflict applies to their own marriage. Then the Forum will explore strategies for strengthening marriage.

Intimacy and Communication

Explore exactly what are you missing? And is it both of you?

- Searching questions about intimacy, affection and communication.
- Searching questions about the course of the relationship - a sort of marriage lifeline.

Relationship with Children

This topic is suitable for member and spouse Forums.

What would it take, on your part and on their part, to have the ideal relationship with your child(ren)?

During this retreat session we explore this complex relationship.

Who is the Real You?

This topic is suitable for member and spouse Forums

This topic uses a basic questionnaire as a springboard to an in-depth exploration of self: traits that we like about ourselves and how to enhance their value; traits that we dislike about ourselves and what to do about them, where these traits come from, how they affect our relationships with our families and friends, how they impact on intimacy, and how they will affect our decisions about our future selves.

How we see ourselves is central to how we function in our lives. Individuals with a high sense of self esteem enjoy a greater feeling of well-being.

Transforming Negative Emotions and Setting Positive Goals
Are there recurring situations, at work or at home, that leave you feeling irritated, angry or frustrated? During this hands-on session you will be shown techniques for identifying such feelings and introduced to a strategy for transforming negative emotions so that they become more manageable. You will be introduced to some of the key ingredients of the best emotional development programmes and will use them to set positive goals.

Transitions and Transformation

This topic is suitable for member and spouse Forums

- Do you know where you are right now?
- Are you thinking about making a change that might transform your life?
- Do you know where you are going?

During this Retreat we will delve into these and many other issues, such as the fears and beliefs that hold us back, and the scripts we play over and over to ourselves. You will emerge from this intense day with a clear vision for the future and knowing more about yourself and the other members of the Forum and how you can support each other in your journeys.

What is the SIP?

The Butler-Gasson Self Image Profile for Adults (SIP) is a brief self report measure providing a visual display of self image and self esteem. It consists of 30 self descriptions that tap the individual's theory of self and this is what we shall explore.

Although there is no single definition of "self", we shall look at:

- the self that is me (what I present to the world and how I would like others to see me), and
- the self that is I (my core being, how I interpret my experiences to myself).

Forum members will take a test to distinguish between self esteem (how you feel or would like to feel about yourself compared to how you are) and self image (how you are or how you think about/construe yourself).

Mental Aerobics: Understand and Improve Your Memory

This topic is suitable for member and spouse Forums

If you are fascinated by how your brain works and would like to understand your memory and improve it, then this program is designed for you. You will get to know how memory works and what you can do to help yourself recall those events that are on the tip of your tongue. You will learn to take in information more efficiently and store it more effectively. Practical exercises and tips make this a hands-on session you won't forget.

Emotional Intelligence for Forums

This topic is suitable for member and spouse Forums

The objectives of this highly interactive topic are to:

- understand what emotional intelligence is and why it is important;
- understand how EI can empower us personally and professionally;
- develop insight into Forum members' own values, beliefs and biases;

- teach methods to manage emotions triggered by differences;
- develop strategies for building harmonious and productive relationships.
- These objectives are achieved by challenging exercises for participants, which explore:
 - how to recognise, label and define emotions;
 - how to understand emotions in order to be effective learners;
 - how to handle or manage our emotions in order to develop positive and wholesome relationships;
 - how to appropriately express our emotions in order to develop as rounded people capable of helping ourselves and others.

Non Verbal Communication

90% of human communications is non verbal. This experiential, hands-on session will train you to begin to read and respond to non verbal signals. This in turn will allow you to communicate more effectively, both at work and at home.

Listening Skills

Listening skills are crucial in everyday communication. This session uses experiential exercises to teach you about your listening skills and how to improve them. Being a better listener will allow you to communicate more effectively.

Conflict Resolution

Conflict stands in the way of effective communication. It affects the way we listen and process information. This session presents different methods of resolving conflicts through open communication.