

ISECCA **PROGRAMME**



WORKSHOP PROGRAMME OF ACTIVITIES

WHAT IS ISECCA?

Anne Hayden, a GP from Verwood in Dorset, began ISECCA (Improving Self Efficacy, Self Esteem and Confidence of Children and Adults) in September 1998 as a result of her work in the surgery and after seeing the beneficial effects of a unique surgery based children's counselling service that she set up in 1995.

Anne noticed that as children and adults gained an increased awareness of themselves it improved not only their emotional well-being and mental health but physical health also.

In January 2000 she was awarded an MBE for this work.

ISECCA now delivers community based programmes open to all. The workshop enables those who attend to build a mental and emotional toolkit based on well researched cognitive and social psychology. This simple learning enables participants to:

- **Have improved relationships**
- **Build resiliency**
- **Become and stay optimistic**
- **Cope with stressful situations**
- **Raise levels of happiness and contentment and enhance quality of life**

It comprises 8 modules and is delivered to small groups by a specifically trained facilitator in a relaxed and safe environment.

The workshop is ideally followed by further training sessions within the participating community organisation. The benefits gained produce:

- **Continued personal development**
- **Enhanced team building to increase resiliency and optimism**
- **Strategies to manage difficult situations arising in everyday life**

The ultimate goal is to create and sustain a positive environment.

WHAT IS THE ISECCA WORKSHOP?

1. A way of taking control of your life by learning how to think more positively.
2. A way of getting to know yourself better.
3. A general variety of learning methods.
4. Good fun – it works best with an open mind.
5. Huge personal benefit.

WHAT THE ISECCA WORKSHOP IS NOT

1. A magic wand/quick fix.
2. Tests/exams/role-play.
3. Pressure on me.
4. A counselling service.
5. About putting yourself down.

CONTENT OF MODULES

DAY 1

Introduction

Getting to know each other and gaining an understanding of our Locus of Control.

Module 1 – Our ability to bounce back from a crisis and why things are not always as they seem

Exploring resilience, our belief system and why we have “blind spots”.

Module 2 – How does my mind work?

We look at self-image and how our mind interprets and reacts to information.

Module 3 – The Voice in our Head

We all talk to ourselves many thousands of times a day. We learn to use this to our advantage.

DAY 2

Module 4 – The importance of my self-esteem and my optimistic outlook on life

Self-esteem and self-worth determine our attitudes and behaviour. Taking an optimistic view of things can automatically boost our self-esteem.

Module 5 – Social Groups and the Good Team Player

We explore the value of our social groups and the importance of life's boundaries.

Module 6 – The effect I have on others and they have on me

We consider why those who try to control us behave in the way they do.

Module 7 – So I am allowed to daydream after all

This module starts to show us why good planning and positive forethought is invaluable.

Module 8 – Creating a positive and happy future

We learn about the secret of happiness and how to maintain our positive outlook.