

Session	Content	Activities
1	<p>Behaviour – what do you notice? (self-awareness and understanding other people)</p> <ul style="list-style-type: none"> - Exploring extraversion vs Introversion - Decision making – thinking vs feeling 	<p>‘What car’ – introduction to emotional responses</p> <p>Stepping activities (E vs I and T v F)</p> <p>Group activities in groups of E / I and T/F</p>
2	<p>Introduction to the Colour Model (self-awareness and understanding other people)</p> <ul style="list-style-type: none"> - Introduction to characteristics of each colour type - Young people self-asses their colour order - Young people complete online personality assessment 	<p>Colour cards</p> <p>Hats – acting each colour type</p> <p>Activity in colour groups - Village fete / School prom activity</p> <p>Online personality assessment</p>
3	<p>Perception and bad day behaviours (self-awareness and understanding other people)</p> <ul style="list-style-type: none"> - How might we behave on a bad day? - How does perception affect how we see / value others? - Who might we clash with and why? 	<p>Bad day colours</p> <p>Perception activities</p>
4	<p>Strengths (self-awareness and understanding other people)</p> <ul style="list-style-type: none"> - What are the strengths of each colour? - What are my strengths? 	<p>Strength’s scenarios</p> <p>Complete activities with own profiles (overview and strengths pages)</p> <p>Create strengths poster</p>
5	<p>How can I be the best version of me (self-management)</p> <ul style="list-style-type: none"> - How can I manage my emotional state? - What are my emotional triggers? - How might others behaviour trigger a bad day response in me? - How can I turn a negative response into a positive interaction? 	<p>I’m a celebrity video and analysis</p> <p>Introduction to E+R=O</p> <p>Heineken video</p> <p>Self-reflection on development areas</p>
6	<p>How can I develop positive relationships (relationship management)</p> <ul style="list-style-type: none"> - Who are the key people in my life? - What strategies can I put in place to improve my relationships? 	<p>Recognising type pictures</p> <p>E+R=O – how do I respond / react when others upset me</p>
7	<p>Communication (self-awareness / understanding other people / relationship management)</p> <ul style="list-style-type: none"> - How do different types communicate - How do I like to be communicated with - How can I improve my communication with others? 	<p>Helium stick</p> <p>Body language / tone of voice / what do the colours like to talk about</p>
8	<p>Team working (self-awareness/ self-management / relationship management)</p> <ul style="list-style-type: none"> - What strengths do different types bring to a team? - What watchouts are there for each type when working in a team? - What do different types tend to focus on when making a decision and how can the team make better decisions together? 	<p>Team exercise - Nuclear challenge or minefield team activity</p>