

Development Workshops 1 at a Glance

Week Number	Topic
1	Introduction, Building Confidence
2	Building Self Respect, Building Self Esteem
3	Understanding Stress, Resolving Conflict
4	Making Decisions, Process of Change
5	Developing an positive attitude, Developing an active mind
6	Making self talk positive, Becoming Resilient
7	Setting Goals, Recognising Habit Triggers
8	Time Management Over Short and Long Term
9	Life Management Skills
10	Interview Skills