

# Power Tools

## Power Tools is a suite of **personal development** learning modules

Power Tools support the understanding of how learning, personal growth and mental health and wellbeing are connected.

This consists of three building blocks:

- Think and reflect.
- Enquire and grow.
- Small steps of progress and change.

**These lead to improved wellbeing  
and personal effectiveness.**

We run online groups of 4 to 10 people, facilitated by Community Learning and Development Practitioners.

The sessions last approx. 1.5 hours.

In order to participate you will need either a laptop, computer, tablet or mobile phone which has a camera and microphone.

To find out more or book a session email  
**[adultlearning.cld@aberdeenshire.gov.uk](mailto:adultlearning.cld@aberdeenshire.gov.uk)**





# Power Tools Workshops

## Think Effectively and Discover Your Potential (Steps Taster)

An introduction to looking at some tools and theories for personal development, effective thinking and achieving more. A taster session for learners interested in taking part in STEPS personal development programme.

- Understanding self-talk and how positive self-talk is key to improving confidence.
- Recognise what holds us back from trying new things.
- Devise ways of creating new positive habits.

## Express Yourself

Why expressing yourself is so important. Looking at techniques to boost your skills and confidence with expressing yourself.

- Understanding how we communicate.
- How to say what you want to say.
- Tools for positively expressing yourself.

## Planning for Positive Change: Excuse Busting

We will look at habits and behaviours, taking responsibility and committing to yourself.

- Identifying personal habits and excuses and the barriers they present to progress and wellness.
- Recognising learning and progress as positive for personal growth and mental health and wellbeing.

## Affirmations

Planning for positive change – develop your understanding of the theories behind affirmations and how to use them effectively to realise your potential.

- Using affirmations to improve confidence.
- Develop techniques for writing personal positive affirmations.
- Devise new habits for daily affirmation practice.

## Mindfulness

Providing an introduction to mindfulness with some useful takeaway tools.

- Understanding what mindfulness is.
- Exploring why and how mindfulness practise can help.
- Experience some mindfulness techniques and explore what might work for you.

## Moods and Mindsets

Differentiate between thoughts, feelings and behaviours, and how these affect each other. Exploring learning and tools to develop and practice a positive mindset and approach to life.

- Better understand where emotions come from and how they affect us.
- Begin to look at your personal mindset, and how this affects your mood and effectiveness/behaviour.
- Identify personal strategies for dealing with low moods and challenges.



# Power Tools Workshops

## Responsibility Overload

Looking at what to do and how to cope, if you feel like you never stop and the pressure of keeping everything going is getting too much.

- Exploring types of responsibilities.
- Understanding the different pressures for different stages and circumstances.
- Identify some techniques to reduce and manage the load.

## Self-Belief and Self-Talk

What is self-talk and how does it affect our confidence and belief in ourselves? Understanding how to control self-talk with some useful takeaway tools.

- Explore three types of self-talk.
- Understand the self-talk cycle and how we can use it to our benefit.
- Using self-talk to help develop a positive self-belief system.

## Who Are You? Self Identity

Exploring how Self-Identity is made up and examining some ways to develop personal identity that can benefit our lives.

- Understand the importance of personal identity and how it effects thoughts, behaviours and attitudes.
- Investigate different aspects that make up our personal identity.
- Explore areas of identity for self-development.

Plus ... other topics ... coming soon!

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