

'Understanding Human Needs Psychology in Relation to Individual and Group Well- Being.'

**7 week Online Course starting on
Tuesday 22nd September 2020**

This is a 7 week online, live course that examines each of the needs in turn. Through a mix of theory and practical application, with concrete markers to track how your understanding and progress in the course is creating positive and sustainable change you will:

- Identify your key emotional patterns and how they can either expand or restrict your experience and how to change and replace those that are disempowering to more empowering ones.
- Identify your top two needs and the impact this is having in your life both personal and professional.
- Understand the ways you choose to meet these dominant needs and how this impacts the daily choices and decisions you make.
- Clarity as to the beliefs, values and expectations you have for what has to be true for you to have those needs met and how to reprioritise and meet them in ways that are more positive, sustainable and empowering.
- Understand there is paradox involved in the experience of meeting each of the needs and that we do not value all of the needs equally.
- Understand what a crazy 8 pattern is and which two states/emotions you lean towards that create a negative pattern of thoughts and behaviours and strategies you can apply to quickly identify and change them. Understanding of others' pattern and how this insight can help you interact and manage them in more positive ways.
- Recognise that all of us experience two types of problems, quality and safe, how to recognise which is which and how to identify those that are regular challenges and ways to overcome them.

- Release from being negatively triggered by the behaviour of others who present challenges to you personally and professionally, (with links to the basics of Transactional Analysis)
- Support from others on the course with the inclusion of accountability partners.
- Ongoing email support with me for the duration of the course.
- One hour 1:1 coaching support as you go through the course

This is a brief overview and the aim of the course is to offer a blend of theory with practical activities and engagement using contextual examples that suit the participants. Regular feedback will be key to give more or less focus on certain areas of knowledge or strategies with additional, personal ongoing support throughout the course to address particular challenges.

This course can be adapted to provide a whole day or half day workshop either in person or online according to individual and school requirements.

For more details and to discuss any questions you may have then please do get in touch and I will be delighted to talk things through with you.