

# Get SET.

## Training



### Course Aims

To enable staff/services looking to incorporate early intervention strategies into their work and initiate new activities to address the challenges young women and girls face in terms of self-esteem, self-acceptance, relationships, body image and over all well-being.



*Enjoyed this session, got a lot from it as a youth worker and a parent. Sylvia was fab!!*

*I talked with my daughter and girls group with a new confidence about self esteem and how to build it. Thank you.*

*I really enjoyed the training session and found parts of the group discussion very relatable which helped my overall understanding and engagement.*

### Outcomes

Staff/services will demonstrate increased understanding of self-esteem, self-empowerment and the external and internal influences which effect young women and girls, leaving with the confidence to hold empowering sessions and guide young women and girls to work their way through the get set workbook.



### What is the Get SET Workbook?

The Get SET workbook has been designed to explore self-esteem, relationships, personal boundaries and how to set them, identify self-talk, inner strengths, personal values, body image/perfectionism (the myth) needs, communication, stress and how a self-care plan supports wellbeing . The workbook is intended for single use, the completed book will become a powerful tool and form an empowerment plan.

### One Day Training

One day training covering range of topics relating to wellbeing, self-esteem and self-awareness.

6 x 32 page Get SET Workbooks.

Trainers handouts.

Training certificate for delivery of Get SET.



**£265 plus VAT**

Additional workbooks can be purchased separately at £7.95 each.

### Two Day Training

Two days training covering a comprehensive range of topics relating to wellbeing, self-esteem and self-awareness.

6 x 72 page Get SET Workbooks.

Trainers handouts.

Training certificate for delivery of Get SET.

6 x ASDAN Accreditation certificates.

**£475 plus VAT**

Additional workbooks & ASDAN certification £34.95. There is a requirement of min 6 per year to keep training valid.



Please note: Training only to be used by the attendee within their own organisation. This programme is not for resale.

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