

Programme/plan for Module 6 *Valuing Yourself*

<i>Introduction</i>		30 minutes
SESSION I	<i>Self-care</i>	
Exercise 6.1	Caring for myself	30 minutes
Exercise 6.2	A healing space	40 minutes
Exercise 6.3	Being cared for	5 minutes
<i>Break</i>		20 minutes
<i>Movement exercise</i>		5 minutes
Exercise 6.4	Self-confidence	60 minutes
<i>Lunch break</i>		
SESSION II	<i>Support at work</i>	
Exercise 6.5	Sources of support	60 minutes
Exercise 6.6	Cleansing colours	10 minutes
<i>Movement exercise</i>		5 minutes
<i>Break</i>		15 minutes
<i>Session review</i>		10 minutes
<i>Action planning</i>		
Exercise 6.7	Making changes	45 minutes
<i>Evaluation</i>		10 minutes
<i>Closure</i>		
Exercise 6.8	Four seasons	10 minutes
Total time		5 hours 55 mins

Follow-on/homework

Exercise 6.9	The roles we play	45 minutes
Exercise 6.10	Who am I?	15 minutes
Exercise 6.11	Creating happiness	30 minutes