

Module 1
COMPREHENSIVE SELF-MANAGEMENT
AND
STRESS –MANAGEMENT INTERVENTION PROGRAM

GETTING TO KNOW YOURSELF AND THE PSYCHOLOGICAL TERRAIN THAT CAN
HELP YOU WITH REASON, LOGIC AND JOY.

GOALS

The goals of this module are to:

- Provide participants with an overview of the program.
- Increase participant's confidence about knowing themselves and why it is important to have self-efficacy.

LEARNING OBJECTIVES

After completing this module, participants will be able to:

- Identify barriers to achieving health and well-being.
- Understand the importance of Resilience.
- Identify several reasons why it is important to have self-efficacy.
- Analyze the building blocks for Creative Intelligence, Emotional and Social Intelligence.
- What it means to Look Within.

STRATEGIES/METHODS

- Mini-Lecture/ Empower and Inform about the greatest real estate "YOU"
- Video – "Joy Events Introduction"
- Min-Lecture/Emotional Intelligence
- Video – magnificent minds and how they rose above stress, trauma and life's difficulties to develop resilience, creativity and higher caliber in life.

Discussion- allow participants to ask questions, make comments.

MATERIALS NEEDED

- Computer
- Thumb drive
- Screen
- Video “Joy Events Introduction”
- Video “ Emotionally & Socially intelligent people
- PowerPoint
- Handouts
- Pens / Pencils

PREPARATION NEEDED

1. Before the program begins, have handouts available
2. Screen and computer hooked up for presentation with thumb drive of videos and PowerPoint.

Module 1 – Instructional Time 60 min

ACTIVITY A

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| ➤ Welcome and overview | 5 min |
| ➤ Video introducing Joy Events 0:32 start stop 1:32 min | 1 min |
| ➤ Socrates “Know Thyself” & helping others | 10 min |
| ➤ William Shakespeare’s quote | 3 min |
| ➤ Clarify Self- Efficacy | 1 min |
| ➤ Examine emotional & social intelligence, resilience and how it | |
| Impacts interactions with others and our decision making | 15 min |
| ➤ Video-examples of magnificent minds and how they rose above stress, trauma and life’s difficulties to develop resilience, creativity and a higher caliber in life. | 16 min |
| ➤ Identify barriers to becoming more E.I. and resilient. | 4 min |
| ➤ Management of mind, emotions, body, and energies | 3 min |
| ➤ Benjamin Franklin’s quote; self-observation & Looking Within | 5 min |