

\$295 + GST
per ākonga

2
days

Course Requirements:

- *Ākonga must be year 11, 12 or 13*
- *Activewear is recommended*
- *Recommendation of up to 22 ākonga per course.*

Note: The content on this course may cause ākonga to bring up sensitive topics. Please keep this in mind when enrolling ākonga and inform us of any important information that we should be mindful of on this course.

Confidence and Resilience

Take a deep breath and relax as ākonga explore stress management techniques, useful support services, and problem-solving methods.

Day One

Sometimes the simplest problems can cause stress, especially without knowing healthy ways to deal with them. Today ākonga will be identifying sources of stress in their lives and exploring stress management techniques, and problem-solving methods to help alleviate these stresses. From breathing techniques to meditation walks, courses will be adapted to suit the needs and comfortability levels of ākonga.

Day Two

Support is always near, and today ākonga will be investigating relevant support services available to them in Aotearoa New Zealand. Ākonga will also work to solve a complex problem of their own using problem solving methods like pros and cons, brainstorming, and the six thinking hats.

US#	US Title	Level	Credits	Assessment Style
12355	Describe strategies for managing stress	2	3	Written
1827	Identify personal support needs and services in the local community	2	2	Written
7123	Apply a problem-solving method	2	3	Written