

## Training for your strengths and Attitude

<b>YOUR STRENGTHS &amp; ATTITUDE</b>		
	Confidence in your outlook	Social & Emotional learning
<b>Valuing yourself</b>	Assessment & Reflection... What did we learn about ourselves ; Setting up our goals for the program	
<b>Self-awareness</b>	<b>Begin Branding Yourself</b>	<b>Social Justice &amp; Community</b>
<b>Self-Management</b>	Success is in small steps	<b>Relationship Skills</b>
Discuss your strengths that we can build on. Look at 10 step assessments of a positive attitude		

**Questions:** [/How to initiate your child asking good questions\\_010920152.pdf](#)

What makes a question good?

- A good question makes you think.
- A good question is one that does not have an immediate answer, because it requires some thinking, feeling and application to previous knowledge.
- A good question opens doors. It demands more than a yes or no answer.
- A good question penetrates the structure and meaning of the knowledge base to seek understanding.

### • Self-awareness

The ability to accurately recognize one's own emotions, thoughts, and values and how they influence behavior. The ability to accurately **assess one's strengths and limitations**, with a well-grounded **sense of confidence**, **optimism**, and a **"growth mindset."**

- Identifying emotions
- Accurate self-perception
- Recognizing strengths
- Self-confidence

Self-efficacy





<b>Value Yourself</b>	<a href="http://www.projectacademy.org/resources/docs/Valuing%20Yourself--03022020.pdf">http://www.projectacademy.org/resources/docs/Valuing%20Yourself--03022020.pdf</a>
<ul style="list-style-type: none"> <li>• Talk nicely to yourself</li> <li>• Surround yourself with positive people</li> <li>• Find inspiration</li> <li>• Value your own opinion of yourself</li> <li>• Help other people</li> </ul>	
<b>Non-verbal communications 10 Tips</b>	<a href="http://www.projectacademy.org/resources/docs/10%20Tips%20on%20Nonverbal%20Communication.pdf">http://www.projectacademy.org/resources/docs/10%20Tips%20on%20Nonverbal%20Communication.pdf</a>

## Self-management

The ability to successfully regulate one’s emotions, thoughts, and behaviors in different situations — effectively managing stress, controlling impulses, and motivating oneself. The ability to set and work toward personal and academic goals.

- Impulse control
- Stress management
- Self-discipline
- Self-motivation
- Goal-setting
- Organizational skills

<b>How to keep a positive outlook in Life</b>	<a href="http://www.projectacademy.org/resources/docs/How%20to%20Keep%20a%20Positive%20Outlook%20in%20Life.pdf">http://www.projectacademy.org/resources/docs/How%20to%20Keep%20a%20Positive%20Outlook%20in%20Life.pdf</a>
<b>Being Happy about yourself- 20 items</b>	
<b>Building Self-Confidence 13 pages</b>	<a href="http://www.projectacademy.org/resources/docs/BiteSizedTrainingSelfConfidenceCONNECT.pdf">http://www.projectacademy.org/resources/docs/BiteSizedTrainingSelfConfidenceCONNECT.pdf</a>





Branding yourself  ADOPT THE SELF-BRAND MIND-!	<a href="http://websterampersand.com/branding-yourself/">http://websterampersand.com/branding-yourself/</a>

**• Social awareness**

The ability to take the perspective of and empathize with others, including those from diverse backgrounds and cultures. The ability to understand social and ethical norms for behavior and to recognize family, school, and community resources and supports.

- Perspective-taking
- Empathy
- Appreciating diversity
- Respect for others

**• Relationship skills**


The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. The ability to communicate clearly, listen well, cooperate with others, resist inappropriate social pressure, negotiate conflict constructively, and seek and offer help when needed.

- Communication
- Social engagement
- Relationship-building
- Teamwork

**• Responsible decision-making**

The ability to make constructive choices about personal behavior and social interactions based on ethical standards, safety concerns, and social norms. The realistic evaluation of





consequences of various actions, and a consideration of the well-being of oneself and others.

- Identifying problems
- Analyzing situations
- Solving problems
- Evaluating
- Reflecting
- Ethical responsibility

