

Raising 'self-awareness' by identifying individual strengths and weaknesses, skills, material and spiritual values, interests and passions.

Understanding the concept of 'service' - quantifying our own happiness and well-being in terms of the happiness and well-being of others; and exploring the ways in which we can contribute to this.

Exploring and encouraging students own Weltanschauung or 'philosophy of life – the context or backdrop which enriches our lives and gives it both meaning and purpose.

Examining the impact of destructive emotions and developing positive perspectives, attitudes and responses to our emotional life.

Recognising the connection between our physical and mental life and developing healthy approaches to both.

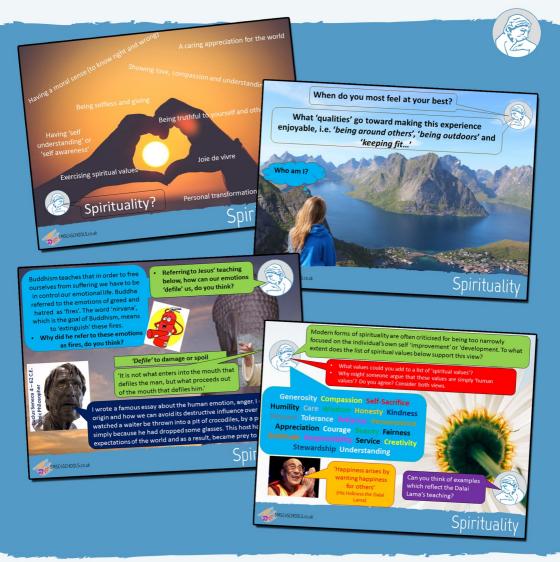
Considering the extent to which we have freedom and responsibility to make choices in our lives.

Encourage a positive self-image by reflecting, accepting and embracing our unique individuality.

This is a bespoke one day workshop for students, which can be structured for whole day activities or within a group rotation. The cost for the day is £295.00 *



SMSC4SCHOOLS is created by Richard Brock – a Head of Religion and Ethics for 15 years, who has been successfully 'unpacking' creating and delivering spirituality focused activities for young people throughout his career as both teacher and trainer.



Contact Us To Order

Email: admin@smsc4schools.co.uk

Phone: 07786 325437
Post: SMSC4SCHOOLS
2 Jubilee Cottages

Horsley Cross, Essex, COII 2NS

Workshop £295.00 plus expenses*

*Mileage charged at 45 per mile.
Accommodation charged if over-night stay required

If you have any queries regarding the workshop or payment please contact us.

