

ARE YOU IN RECEIPT OF BENEFITS, ARE YOU UNEMPLOYED OR MAYBE YOU ARE A COMMUNITY CHAMPION? WE ARE HERE TO ENHANCE YOUR SKILLS WITH **UPSKILLS**

We offer courses to people from Luton to inspire, empower and help gain knowledge to support the community from the inside out. We also help gain confidence to take that vital step toward gaining employment.

COUNSELLING COURSE MODULES

- Introduction to Counselling
- Approaches in Counselling
- Psycho-dynamic Approach to Counselling
- Understanding Humanistic Approach to Counselling
- CBT cognitive Behavioural Approach to Counselling
- Describe how theory underpins counselling skills
- Identify difference between the 3 approaches

DRUG AND ALCOHOL AWARENESS COURSE MODULES

- History of Drugs and Alcohol
- The 4 Stages of using
- User engagement
- Noticing the signs of drug use
- Understanding the complex issues of drug and alcohol use
- Addressing family problems
- Understanding drug and alcohol use in adolescence today

MOTIVATIONAL WORKSHOPS TOWARD BETTER LEARNING AND SUCCESS

- Mission Possible and the Keys to success
- Don't throw in the towel

MENTORING COURSE MODULES

- Mentoring skills for Volunteers
- Mentoring skills for Volunteers Working ethically in helping relationships
- Preparing for the role of a Mentor

DATES FOR UPSKILLS 2017

Motivation to Education Workshop

Tue 21 Feb | Thu 2 Mar

Mission Possible

Tue 21 Feb

Don't throw in the towel

Thu 2 Mar

Mentoring Course

Tue 7 Mar (Day One) | Thu 9 Mar (Day Two)

Counselling Course

Tue 14 Mar (Day One) | Thu 16 Mar (Day Two)

Tue 21 Mar (Day Three) | Thu 23 Mar (Day Four)

Tue 28 Mar (Day Five) | Thu 30 Mar (Day Six)

Drug and Alcohol Awareness Course

Tue 3 Apr (Day One) | Thu 6 Apr (Day Two)

Tue 11 Apr (Day Three) | Thu 13 Apr (Day Four)

All courses start at 9.39am and finish 3.30pm

LOCATION

ResoLUTiONs, Recovery Hub 89
Castle St, Luton LU1 3AJ