



## Clearview Minds

Think Different Be Different

### The 3I Personal Wellbeing Programme

The 3I Programme of initiatives have been designed to support young adults from the age of 14 + from the schoolyard to the workplace. 3I (Impact, Initiative and Intelligence) helps participants gain an understanding of how behaviour impacts on others, whilst learning strategies to succeed in the future. Our team are dedicated HR, training and youth development coaches with a raft of skills at their fingertips using the power of Neuro Linguistic Programming to support growth.

#### What are the vital elements of the 3I Personal Wellbeing Programme?

- Individual assessment.
- Coaching sessions to focus on individual needs
- Participation in a number of workshops to focus on vital skills necessary for success
- A communication forum to network with peers and young adults in the local area
- Presentations from experienced professionals on dealing with anxiety, bringing out inner confidence and how to influence others
- Online networking and learning
- A range of tools and techniques to focus on strengths and develop new skills

#### Topics covered in the programme:

Developing inner confidence	Understanding strengths
Building positive habits	Influencing others
Handling difficult communications	Highlighting hidden talents
Making the most of your learning	Developing goals
Relationship management	Removing barriers to self-fulfilment
Teamwork	Managing stress
Understanding emotions and self-management	Understand the power of your mind

#### How do we make it work?

Clients can pick a number of topics to focus on and highlight a range of different timescales depending on individual needs at their first consultation to develop a customised programme that focuses on the specific areas required. Please talk to us to find out how to make your future as bright as it can be. Our strategy is to:

- Agree a programme that meets specific needs
- Ensure assessment stages throughout the programme to track progress
- Communication platforms for regular networking, updates and key learning
- Have a dedicated account manager to plan resources and provide regular updates.
- Allocate a dedicated Youth Coach to each participant for the duration of the programme.

For more information, contact [info@clearviewminds.com](mailto:info@clearviewminds.com) or call us at the number below