

what determines
whether someone
makes "the right choice"
in the heat of the moment
is...

“Character”



- The Riots Communities and Victims Panel

myLife helps young people develop character, social skills and independent living skills.

myLife is a portfolio of life and social skills courses designed for dual-delivery: comprising both an accredited group course and one-to-one mentoring sessions.

This unique personal development and **character**-building course utilises Reflex' unique *Impact 2 Change* model, which helps young adults develop independent living skills and positive **character** traits, it also enables them to make more considered choices in light of consequences and become positive contributors to society. A varied choice of 'pick and mix' sessions allow programme content to be tailored to the specific needs of each individual.

myLife provides imaginative ways to develop, record and recognise young peoples' abilities and achievements, as well as introducing them to new experiences, activities and challenges. *myLife* represents a comprehensive and flexible toolkit for helping young people acquire essential independent living, social and thinking skills.

myLife has been written to fulfil the criteria for the OCR Introduction to Life and Living Skills award, a QCF Qualification, and credits towards the ASDAN Bronze Award. Reflex Internal Certification is now also available. As with all our programmes, low-literacy worksheets are provided to give the young adults a lasting record of their learning and achievement, and to evidence their hours and individual contributions.

There are currently 12 courses in the myLife suite (20 GLH each), containing well over 240 hours worth of material and with up to 18 more courses in development. The current courses content is as follows:

Course Title	Session Content	Course Synopsis
<p>Money Money Money!</p> <p>20 GLH</p>	<ul style="list-style-type: none"> - The Impact of money in society - Media influence - Money doesn't define who you are - Delayed gratification – why it matters - Staying wise to debt - Self control – will this really help me? - Budgets – aren't they boring? - What about the detail? 	<p>This course looks at what is money, where does it come from, why do we need it and how should we use it wisely. It explores how to create and sustain a budget, helps to simplify the language of interest rates and loans and importantly, looks at why and how managing your money is a helpful thing to do. It helps to recognise the influence that the media has on society and the importance of self control and delayed gratification as a positive reflection on managing money in all aspects of life and well-being.</p>
<p>Sussing Society</p> <p>20 GLH</p>	<ul style="list-style-type: none"> - A need to belong - Morals and values - Dealing with authority - Communication and conflict - Gangs and reputation - A bunch of rules...The Law - Society without walls - Virtual world 	<p>This course focuses on our need to belong and how communicating with those within our society can be made easier. It begins to explore gang culture, building and breaking of reputation and strategies to build trust and face authority positively. The sessions also looks at the importance of law and how this helps to create a safer environment to live in and be responsible for.</p>

Course Title	Session Content	Course Synopsis
<p>Managing my Emotions</p> <p>20 GLH</p>	<ul style="list-style-type: none"> - Emotions – why do we even have them? - Anger and Aggression - Triggers – know the signs - Dealing with rejection and mistakes - Reacting and responding - Valuing yourself - Someone else's shoes - Manipulation V positive control 	<p>This course looks at different types of emotions, how emotions can be used in positive and negative ways and the differences between reacting and responding in varying situations. It empowers the participant to realise they have positive control over their emotions and encourages them to learn and recognise key triggers of negative emotions in themselves and others around them.</p>
<p>Independent Living - Independent Growth</p> <p>20 GLH</p>	<ul style="list-style-type: none"> - Handling Change - Where do I start – getting practical - Priorities and time management - Let's get practical - All about maintenance - Shopping not dropping - My community - Asking for help... 	<p>This course looks at handling changing situations, focusing on the 5 developmental areas of transition into adulthood. It suggests strategies that will help the participant to feel confident and equipped when moving into different stages of life – including setting up home and maintaining it, managing time and finances, and practical tips for living independently.</p>
<p>Communicating Differently</p> <p>20 GLH</p>	<ul style="list-style-type: none"> - Why should I communicate differently? - Communication isn't all just words - Listening - why bother? - Non-verbal communication - Miscommunication - and how to handle it - Expressing emotions - Communicating under pressure - Communicating in different situations 	<p>This course opens with the topic of communication by looking at the range of ways we communicate, and allowing participants to better understand their own preferences in communicating. The sessions explore how communicating differently can help you relate to others, express yourself, and respond to difficult situations. The course also looks at the 'how' and 'why' of misunderstandings, and considers how to put things right when communication goes wrong.</p>
<p>Relating to Others</p> <p>20 GLH</p>	<ul style="list-style-type: none"> - Endurance: How can working at character make a difference in life? - Humility: Why would I want to put others first? - Empathy: Relating to others by understanding feelings - Kindness : Does everyone deserve it? - Resilience: When relating to others is tough - Loyalty: What makes a good friend? - Self-Control: Thinking about consequences - Integrity: Putting your words into action 	<p>This course explores how character shapes how we relate to others, and how developing character can improve our relationships. Each session focuses on a different character trait, allowing participants the opportunities to build character and life skills side-by-side in a practical way.</p>
<p>World of Work</p> <p>20 GLH</p>	<ul style="list-style-type: none"> - Why work at all? - Getting a job looks impossible! - Job Applications and CVs - Job Interviews - First Impressions - fitting in - Communicating with others and dealing with conflict - Work, Life and Balance - Keeping the job and progressing 	<p>This course explores the motivators and benefits in working, including what to look for in a job and how to best be prepared at the various stages of application. It also looks at the support available and the role of attitude, behavior and character when dealing with daily work issues such as conflict, fitting in, managing nerves, team dynamics, stress and moving forward from rejection.</p>
<p>Parenting</p> <p>20 GLH</p>	<ul style="list-style-type: none"> - Parenting through Integrity - Parenting through Empathy - Parenting through Resilience - Parenting through Loyalty - Parenting through Kindness - Parenting through Self-Control - Parenting through Endurance - Parenting through Humility 	<p>The Parenting courses explore own experiences and society's perceptions of parenting. It begins to look at the role of the family, focusing on emotional needs of both parent and child, exploring some of the many practicalities involved. Sessions promote understanding of positive communication, boundaries and building relationship within the family, exploring aspects of growth, interaction and social development.</p>

Course Title	Session Content	Course Synopsis
<p>Enterprise</p> <p>20 GLH</p>	<ul style="list-style-type: none"> - Why do we need Entrepreneurs? - Characteristics of Entrepreneurs - Setting up your own business - Facing obstacles, change & taking risks - The importance of communication - Knowing you - strengths and areas to develop - Income, expenditure & profit - The next steps 	<p>This course explores the role, need and characteristics of entrepreneurs. It examines the importance of communication skills and being able to take responsible risks. The course unpacks the concept of income, expenditure and profit as well as the challenges and benefits of setting up your own business. Enterprise encourages you to think about the next steps and target setting.</p>
<p>Sex As It Is</p> <p>20 GLH</p>	<ul style="list-style-type: none"> - Recognising & evaluating relationships - Exploring messages we receive on sex & relationships - Recognising beliefs on gender & gender roles - Identity & Relationships - Links between Sex & our Emotions - Safe Sex - Sex and Self control 	<p>This course explores sex and relationships and evaluates our understanding of what a 'good' relationship is. 'Sex as It Is' examines the values, morals and emotions linked to sex/sexuality as well as the importance of safe sex. Key issues such as self-control, identity and the beliefs we hold regarding gender and gender roles are investigated.</p>
<p>Getting Active</p> <p>20 GLH</p>	<ul style="list-style-type: none"> - Root Causes of Sporting Success - Dedication - Responding to Success - Responding to Defeat - Following the Rules - Fair Play - Team Work - Leaders & Leadership 	<p>Getting Active examines the root causes of sporting success and the need for dedicated single mindedness. The course explores how we respond to success and defeat and examines the need for rules, fair play, leaders and team work.</p>
<p>Communicating in a New Age</p> <p>20 GLH</p>	<ul style="list-style-type: none"> - Communicating in a New Age - Expressing Yourself - Communication Gets Tough - Cyber Bullying - What You See is What You Get? - Privacy - Real World - Getting What You Need 	<p>This course investigates how we use technology to communicate and the impact of technology on face to face communication. Communicating in a New Age tackles issues of miscommunication, privacy, cyber bullying and the possibility that not everyone who communicates using technology is genuine.</p>

For more information contact info@reflex.org or www.mylifecourses.org



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Pricing: Quality Assured Annual Membership	What is included – The Detail	
Tutor Portfolio Folder	1 Printed Ring Binder + Introductory Pack included	
Tutor Support, Material + Resources	Unlimited Downloads	
Multimedia Resources	1 DVD per course for members	
Personalised log-in to secure area of website	Included for duration of membership	
Annual Approved myLife Tutor Training	Included for up to and including 5 tutors	
Challenging Behaviour Training	Included for up to and including 5 tutors	
myLife Refresher Training	Unlimited for membership duration	
Optional OCR/ASDAN Accreditation	Participants can achieve an accredited award	
Up to and including 5 Approved Tutors	£29 per month for a minimum of 12 months by Direct Debit	£348 if paid annually
Renewal Cost	£19 per month for a minimum of 12 months by Direct Debit	£228 if paid annually

Accreditation Cost	Detail
ASDAN – Personal Development Programme	£18 per entry
OCR – Introduction to Life and Living skills	£22 per entry

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