

JRHYS Training Course

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JRHYS Training Program

W-F-C





About

This community organisation was launched in July 2014. Our particular emphasis is working with families and young people on creating awareness to wellbeing and violence reduction in schools and the local communities.

Course Objectives

JRHYS Training Course

Waking

Follow

Closures

Structure

Part 1 - Introduction

We believe the first part of the day begins when eyes are opened and the thoughts presents itself that which may cause tons of anxieties. Reflect on this. It okay to own this feeling as this can either make or break your spirit throughout your day.

Part 2

This training is about making a delivery to individuals both young and old, usually realistic approaches beyond judging and stereotyping another. You may make referral to your journey briefly to connect with your audiences. Using facts figures and statistics.

Part 3 *J R H Y S*

Leave trails of hopefulness and clarity as ongoing support is key we believe this will bring awareness of care and support despite challenges. A clear path of understanding is essential when creating hope and empathy.



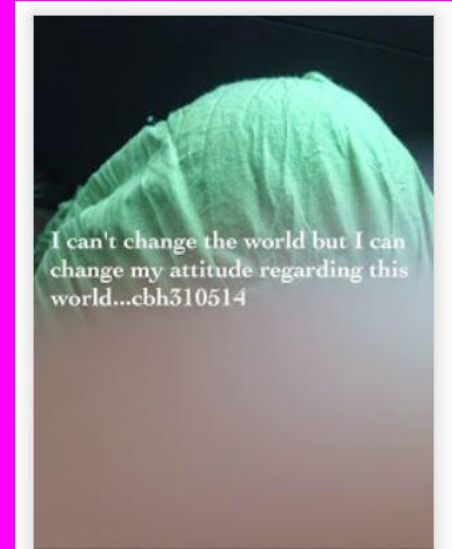
Lesson 1

Self Assessment

>Waking moments

>Following through

>Closure



Part One Content

Waking - conscious moments & thoughts

Action plan

Following through

Keeping a balance pace

Comforting thoughts & gratitude

Breathing and relaxations exercise

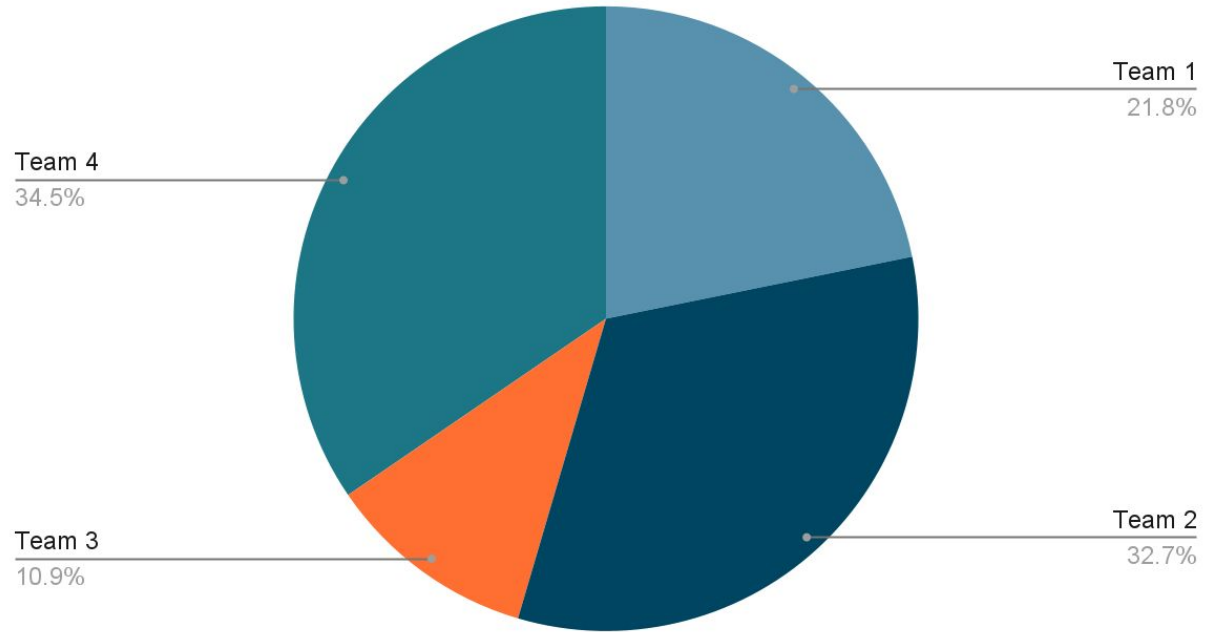
Sleeping, closures & thoughts

Statistics Content

Charts, showing wellbeing challenges in the communities...schools...ages...etc

- ❖ Peer pressure
- ❖ Mental Health
- ❖ Safety
- ❖ Visual awareness
- ❖ Grooming

Points scored



Lesson 2 Action Plan

Following through

Lesson 3

Compare Realistic Optimism using book

Triggers

YS

Reality

Opinions

choices

Thank you _____

Congratulation on completing our training manual

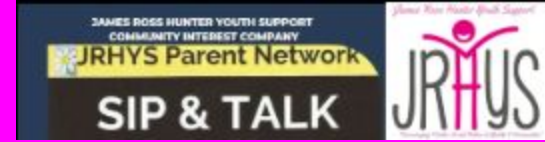
We hope you will make a delivery that will bring rewards

To individuals well being as it relates to ‘Realistic Optimism’.

JRHYS was launched in 2014 to bring awareness to violence

And support victims wellbeing in the community.

JRHYS
Best wishes
Collet Hunter

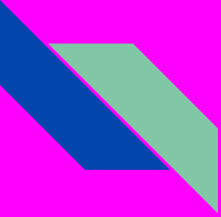




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<https://youtu.be/RtDnj1071KE>

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JRHYSParent Youth Support

