



EVERYDAY LESSONS

# FLEXZEE

CONFIDENCE &amp; WELL-BEING

A JOURNEY TO ENGAGEMENT &amp; ATTENDANCE

## REIGNITE



This **6-week online programme** is designed to help earners improve their mental, physical, and social well-being, while gradually building confidence to leave the house, re-engage with learning, and interact with others.

Programme Breakdown:

- Understanding Well-being – Explore mental health, self-care, sleep, and nutrition to develop healthy daily routines.
- Managing Stress & Emotions – Learn coping strategies, relaxation techniques, and gratitude journaling to build emotional resilience.
- Physical Well-being – Encourage daily movement, hydration, and exercise to highlight the mental health benefits of staying active.
- Social Confidence – Develop communication skills, boundary setting, and digital well-being through role-play and small social challenges.
- Gradual Exposure – Introduce low-pressure outdoor tasks to help learners overcome anxiety about leaving home.
- Independence & Next Steps – Support small steps into education, volunteering, or employment, reigniting a passion for learning and attendance.

All learners who complete the programme will receive an attendance certificate .

## PROGRESSION

- RE-ENGAGED IN EDUCATIONAL SETTING
- ATTEND IMPACT VISITS
- ATTEND SOCIAL EVENTS
- SELF CONFIDENCE
- MOTIVATION
- FURTHER EDUCATION
- APPRENTICESHIP
- EMPLOYMENT
- ENTRY 2 OR 3 WITH EVERYDAY LESSONS.

## IMPACT

- Builds resilience, self-confidence, and motivation.
- Encourages social interaction and personal growth.
- Helps learners reconnect with education and future opportunities.
- Provides an attendance certificate upon completion.
- Develop practical and personal skills.
- Take themselves on a nature walk.
- Confidently share within a group setting.
- Communicate effectively in various ways:
  - Email, text, typing, speaking, listening.
  - On camera and off camera.
- Create a sense of community and build social connections.
- Complete increased movement activities for physical well-being.
- Set and achieve a personal goal.
- Develop the ability to self-reflect.
- Learn to self-regulate emotions and understand their feelings.
- Attend a group activity or setting outside.
- Do something that takes them out of their comfort zone.
- Make a phone call with confidence.

Further Progression (for some learners):

- Attend a job interview.
- Feel eager to progress in education, employment, or training.
- Develop a long-term plan, such as a 5-year progression plan.



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