

POSITIVE REALITIES

CHARITY NO. SC046016

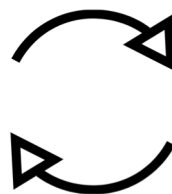
# CHANGE MAKER COURSE MUSSELBURGH



IDEA



PLAN



CHANGE



WORLD

IMPROVE RESILIENCE

BOOST YOUR CONFIDENCE

DEVELOP NEW PRACTICAL SKILLS

CREATE CHANGE IN YOUR COMMUNITY

IMPROVE YOUR EMPLOYMENT OPPORTUNITIES

## BECOME A CHANGEMAKER

**WHEN?**

**MONDAY-FRIDAY**

17 - 21 June, 2019

10.00-16.00

**WHERE?**

**JOBCENTRE PLUS**

Eskmills Park, Station Rd

Musselburgh EH21 7DU

## INSPIRED?

GO TO: [WWW.POSITIVEREALITIES.ORG/EASTLOTHIAN](http://WWW.POSITIVEREALITIES.ORG/EASTLOTHIAN)

# CHANGE MAKER COURSE IDEA

The **CHANGEMAKER COURSE** is a step towards a brighter future, spending 5 days developing your communication, resilience and teamwork skills, improving your job prospects, and learning about yourself. It opens a new way of thinking. You will develop your personal and social skills.

The **CHANGEMAKER COURSE** is a safe space for people keen to learn new skills and make a positive change in their lives and their communities. Completion of the course and community project will earn you a certificate and give you a great addition to your CV.

## WHAT WILL YOU GAIN?

- ▶ Build confidence and improve your employment prospects
- ▶ Learn new social and group-work skills
- ▶ Recognize your strengths
- ▶ Find new ways to improve resilience
- ▶ Gain project management experience
- ▶ Gain ideas to give something back to your community

## WHAT YOU HAVE TO KNOW

- ▶ The course is delivered over 5 days, totalling 30 hours of training. Full attendance is required.
- ▶ The group will consist of 8-15 people.
- ▶ Please bring a packed lunch.
- ▶ The course is free of charge
- ▶ Travel expenses can be reimbursed.
- ▶ Application deadline: June 10, 2019

## IMPRESSED?

GO TO: [WWW.POSITIVEREALITIES.ORG/EASTLOTHIAN](http://WWW.POSITIVEREALITIES.ORG/EASTLOTHIAN)

# PROGRAMME

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Introduction	Communication skills	Team Work	Creativity	Positive Thinking
Changemaker Game	Changes in life	Positive Relationships	Goals Setting	Understanding Emotions
Problems of the world	Communication skills II	Exploring Strengths	Visioning and project creation	Self-Motivation
Problem Analysis	Self-Awareness	Dreams & Values	Project Planning	Evaluation and Celebration

## AFTER THE COURSE OPTIONAL

If you wish, after the course you can become part of the Changemakers of East Lothian group.

**Thursdays 6–8 pm**  
**at Musselburgh East Community Learning Centre.**

Together we can help you create and pursue your own goals, and develop community projects to improve people's lives in East Lothian. Giving you the confidence and skills to unlock your potential and improve your job and education prospects.

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# WHAT OTHERS SAY?

HADN'T REALIZED IT WOULD  
BE SO INTERACTIVE AND  
BONDING – EXCELLENT.

SHIONA L.

IT'S UPLIFTING &  
INSPIRING &  
INFORMATIVE

JEN T.

IT EXCEEDED MY EXPECTATIONS  
AS I DIDN'T KNOW THAT WE'LL  
GET SO MANY USEFUL EXERCISES.

KASIA W.

I HAVE FOUND IT VERY  
PERSONALLY ENLIGHTENING.

EMMA O.

IT WAS GREAT TO MEET  
THE OTHERS IN THE GROUP.  
FEELS LIKE WE MADE FRIENDS  
VERY QUICKLY

SHIONA L.

**WATCH THE MOVIE FROM  
ONE OF THE COURSES [HERE!](#)**

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# FILL IN THE APPLICATION FORM

Visit our website:

[www.positiverealities.org/youth-groups-in-el](http://www.positiverealities.org/youth-groups-in-el)

Or Click here:

<https://form.jotformeu.com/82676720927366>

**Application deadline:**

**Monday, 10 June, 2019.**

After filling in the form we will contact you  
and confirm your place at the course.

## INSPIRED?

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# ABOUT US

## POSITIVE REALITIES

Positive Realities is a charity offering opportunities for young people to achieve a positive transition into adulthood. In East Lothian we run Youth Groups (for those aged 14-21) and deliver presentations and workshops for young people (12-25), their families and professionals supporting their wellbeing.

## FUNDING NHS

Building Youth Resilience in East Lothian is a three-year project being led by Positive Realities with financial support from the NHS Lothian Health Improvement Fund. It began on 1 April 2018. We intend to build on this funding to develop our services in East Lothian. We want you to be part of this expansion programme!

# CONTACT



We strongly believe that creating positive social change is a team-sport. We are open to your suggestions, ideas and input. Let's get in touch!

**MARCIN JOHN**

East Lothian Development Worker

[marcin@positiverealties.org](mailto:marcin@positiverealties.org)

07305 828 676

**POSITIVE REALITIES SCIO**  
CHARITY NO. SC046016

**EAST LOTHIAN**  
Randall House  
Macmerry, EH33 1RW

**EDINBURGH**  
99 Giles Street,  
Edinburgh, EH6 6BZ

## INTERESTED?

GO TO: [WWW.POSITIVEREALITIES.ORG/EASTLOTHIAN](http://WWW.POSITIVEREALITIES.ORG/EASTLOTHIAN)