

PATHS TO GREATER SUCCESS

INDIVIDUAL WORKSHOPS

Choose any of the following 3 hour workshops:

TIME MANAGEMENT

Participants will feel more organized and less stressed when it comes to their daily routines and schedules. The relapse prevention portion is a set of useful steps that will assist participants from falling back into their past routines.

STRESS MANAGEMENT

The advantages and disadvantages of stress will be highlighted in this workshop. Participants will assess their own levels of stress, discover their options on how to avoid or change certain stressors and learn how to manage stress that they have no control over.

HEALTHY ANGER STYLES -> PRODUCTIVE RESOLUTIONS (2 WORKSHOPS)

Individuals will learn about anger styles and will determine their personal anger style. Participants will also learn how to identify high risk situations and manage problematic situations effectively.

CONFLICT RESOLUTION (2 WORKSHOPS)

We can begin to resolve conflicts by altering self defeating thinking, managing emotions, problem solving, and communicating clearly.

IDENTIFYING AND ALTERING SELF DEFEATING THINKING (2 WORKSHOPS)

Participants will learn the skills of self monitoring thoughts and beliefs, learn to assess irrational thinking and alter self defeating thoughts to rational thinking. This workshop focuses on the skill of thinking using the Albert Ellis ABC Model. The model includes identifying thoughts/beliefs that lead to self defeating feelings and/or behaviors, while identifying triggers and high risk, situations that trigger unwanted consequences.

GOAL SETTING

A motivating workshop that will give participants the results they want. Participants will learn how the power of vision contributes to each of their goals.

GIVING AND RECEIVING FEEDBACK

Participants will learn how to express their thoughts and feelings appropriately, as well as receive negative and positive messages.

EFFECTIVE DECISION MAKING/PROBLEM SOLVING

Effective skills are learned for those who are stepping into management positions. It teaches participants a 5 step decision making model that will help give the individual the confidence required to make the decision that best suits all individuals involved.

BUILDING HEALTHY RELATIONSHIPS

Participants will learn new skills that will help them in the process of meeting people, asking information-seeking questions and using appropriate self-disclosure during conversations. This workshop also involves discussions on healthy vs. unhealthy relationships.

PERSONALITY DIMENSIONS

An interactive approach to interpreting human behaviors, skills, needs and motivations. This workshop provides tools for participants to identify their strengths, needs and preferences in regards to their career choices, home and work environments. It is conducted by a certified Personality Dimensions facilitator.

ASSERTIVENESS SKILLS (2 WORKSHOPS)

Through the use of guided discussion, role plays and the presentation of new information, participants will learn 5 assertiveness skills. Participants will identify their own level of assertiveness and will also learn the differences between passive, assertive and aggressive behavior styles.

Or choose the following series:

RESOLVING CONFLICT SERIES (4 WORKSHOPS)

This is a combination of 4 workshops. Upon completion, participants will learn and develop:

- A system for critical thinking so that thoughts work for you instead of against you
- Impulse control strategies for managing emotions in problematic situations
- Skills to optimize good decision making
- Options along with a personal plan to manage stress
- 5 techniques that will build the confidence to strengthen an assertive communication style

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