

PSHE and beyond – sessions overview – Part 2

Through a series of enrichment focused workshops, this course is designed to give an appreciation of how PSHE contributes to everyday applications and for pupils to gain an insight into a range of related careers.

Breakdown of sessions for the PSHE workshops:

Session 1: Emotional self-development

Learning opportunities include:

- Recognising other people's emotions
- Emotional regulation
- Stress management
- How to balance school life with everyday life

Session 2: Problem based learning

Learning opportunities include:

- Persistence
- Integrity
- Forgiveness
- Humility

Session 3: Empathy and compassion

Learning opportunities include:

- Effective communication
- Relationship management
- Anger

Session 4: Social Skills

Learning opportunities include:

- Cognitive empathy
- Emotional empathy
- Compassionate empathy
- Logic, reasoning and negotiation

Session 5: Social Intelligence

Learning opportunities include:

- Communication skills
- Persuasion and sales skills
- Emotional development
- Logic and reasoning

Session 6: Positive Attitudes

Learning opportunities include:

- Take ownership of one's own actions
- Express one's feelings and wants with words
- Attitude
- Courtesy