



Family Ministries



We shall be running our women's course on:

\_\_\_\_\_ (Chosen day of week and location)

Come and join us for six weekly sessions with fun activities to help you rest, unwind and discover more about....

Each week we will explore a different theme together and encourage one another to make the most of life!

# THE W COURSE | 1

Dates and timings of each session:

_____ - Finding Friendship	_____ - Creating Confidence
_____ - Stress and Anxiety	_____ - Hopes and Dreams
_____ - Exploring Emotions	_____ - Moving Forward

Our aim is to offer you some time where you can totally relax!

There are \_\_\_\_\_ spaces available.



**Contact information**

Name: \_\_\_\_\_

Contact number: \_\_\_\_\_

Email address: \_\_\_\_\_



**SIGN UP HERE - PLEASE FILL IN, TEAR OFF AND HAND THIS SLIP**

**TO: \_\_\_\_\_ TO SECURE YOUR PLACE.**

NAME: \_\_\_\_\_

CONTACT NUMBER: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

DIETARY REQUESTS (VEGETARIAN, NON-DAIRY, GLUTEN-FREE, NUT-FREE ETC): \_\_\_\_\_

IF APPLICABLE, DO YOU NEED CHILDCARE SUPPORT DURING THE SESSIONS?  
(PLEASE TICK)  YES  NO



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# ICEBREAKERS

## GETTING TO KNOW OTHERS (IDEAL FOR SESSIONS 1-3)

### 1. Paper Airplanes

**Items needed:** A4 sheets of paper, pens

With the group sat on chairs in a large circle, give each woman a sheet of A4 paper and a pen. Ask them to write on the piece of paper their name and two questions for someone else to ask them. Instruct them then to fold their paper into an airplane.

Once everyone in the group is ready, do a countdown and shout out 'Throw!' The group throws their airplanes around. Each woman should pick up another airplane. Again, do a countdown and shout 'Throw!' Repeat this exchange up to five times.

Each woman should not end up with their own airplane. They are to open the planes and the aim is to match the plane with the correct woman, and get the answers to the two questions. Each woman will need to share about the other woman with the rest of the group.

### 2. My Name Acronym

Instruct the group: 'We are each going to introduce ourselves by saying our name with a twist. You will need to spell out your name, but the challenge is that for each letter you must choose a word that describes you starting with that letter. For example – 'My name is Anna: Adventurous, Noisy, Neat, Animal-lover.'



### 3. Interviews

**Items needed:** Notebooks/paper, pens, timer (on phone)

Ask the group to get into pairs. Distribute paper and pens, or they can use their own notebooks. Each woman has one timed minute to interview and write down as many interesting facts about their partner. After the first minute is up, they swap roles.

### 4. Personal Treasure Hunt

Tell the group to have the bags that they've brought with them on hand. Instruct them that they need to go through their own bag and find certain personal items that fit the descriptions you call out – eg *find something that... you've had for a long time/reminds you of a fun memory/reveals a lot about you/concerns or worries you*. Each woman then quickly explains the story behind the items to the whole group.

### 5. Guess Who

**Items needed:** Post-it Notes, pens, hat/bucket/container of some sort

Have each woman write down an interesting/random fact about themselves on a Post-it Note. They would then need to fold the note and place it in a hat or large container. You as the leader will need to give the hat/container a shake and pick out a note at random to read out. The group must then guess who the fact is about until they are correct.



### Song examples for Session 3

#### 'Exploring Emotions' icebreaker:

- 'Happy' – Pharrell Williams
- 'Everybody Hurts' – R.E.M
- 'Dancing Queen' – Abba
- 'Ode to Joy' – Ludwig van Beethoven
- 'Fighter' – Christina Aguilera
- 'Don't Stop Believing' – Journey
- 'I Feel Good' – James Brown
- 'Survivor' – Destiny's Child
- 'With a Little Help from my Friends' – The Beatles
- 'You Raise Me Up' – Josh Groban
- 'Girl on Fire' – Alicia Keys
- 'Ride of the Valkyries' – Richard Wagner
- 'The Lazy Song' – Bruno Mars
- 'Walking On Sunshine' – Katrina and The Waves
- 'Unbreak My Heart' – Toni Braxton
- 'Wonderful World' – Louis Armstrong
- 'Fanfare for the Modern Man' – Copland
- 'Entry of the Gladiators' – Julius Fucik
- 'Chi Mai' – Ennio Morricone
- 'Torn' – Natalie Imbruglia
- 'Toccata in d minor' – Johann S. Bach
- 'Dancing in the Street' – David Bowie and Mick Jagger
- 'Time after Time' – Cyndi Lauper
- 'Don't Speak' – No Doubt
- 'Eine Kleine Nachtmusik' – Wolfgang A. Mozart
- 'Someone Like You' – Adele
- 'I Will Survive' – Gloria Gaynor
- 'Spring' – Antonio Vivaldi
- 'Where is the Love' – Black-Eyed Peas
- 'Stay With Me' – Sam Smith
- 'Fix You' – Coldplay
- 'Put Your Records On' – Corinne Bailey Rae
- 'I Want to Dance with Somebody' – Whitney Houston
- 'Thank You' – Dido
- 'Don't You Worry Child' – Swedish House Mafia
- 'William Tell Overture' – Gioachino Rossini
- 'I Got You (I Feel Good)' – James Brown
- 'Celebration' – Kool and The Gang
- 'Don't Stop Me Now' – Queen

## 6. Desert Island

Ask the group: *Imagine you've been stranded on a desert island alone. You have all the necessary essential items to survive until you are rescued, but what three things would you also have with you if you had the choice and why?* Go round the group and have each woman share their three things.

## TEAM BUILDING

### 1. Newspaper Towers

**Items needed:** Sticky tape, newspapers (to be recycled afterwards), timer (on phone)

Divide the women into two smaller groups. Give each team a pile of old newspapers and a roll of sticky tape. They have five minutes to build a standing newspaper tower. The team with the taller tower when time is up wins. Don't forget to recycle the newspapers afterwards.

### 2. Playdough Personality

**Items needed:** Playdough/plasticine

Give each woman a piece of playdough approximately the size of a golf ball. Instruct the group that they need to create a model that represents or describes their personality. After they have finished their models, have each one present it to the group.

### 3. Silent Order

Tell the group that this is a strictly 'no speaking' icebreaker. The challenge is to form a line based on their order of height/age/door number – in silence. At the end, check that they are in the correct order.

### 4. Give Me Five

**Items needed:** Post-its Notes, pens

Have the teams get into smaller groups. Start off each round with 'Give me five...' and then pick a topic – eg Disney movies, 90s/00s girl bands, flowers, dog breeds, superheroes, countries beginning with the letter P etc. The first team to send someone from their team to you as the leader with a correct list of five answers related to a certain topic wins.



## 5. Spaghetti Towers

**Items needed:** Packets of uncooked spaghetti pasta, bags of marshmallows, timer

Split the group into two or three smaller groups. Give each group half a packet of uncooked spaghetti pasta along with a generous amount of marshmallows. Similar to the 'Newspaper Towers' icebreaker, each team has five minutes to build the tallest free-standing spaghetti-marshmallow tower. Whichever team has the tallest tower wins.

## OTHER GAMES FOR FUN

### 1. After Dinner Mints

**Items needed:** After-dinner mint chocolates, or flat biscuit alternative

Give each woman an after-dinner mint chocolate or biscuit. With their heads tilted back, each will need to start off by placing these on their foreheads and make it travel down their face to their mouths without using hands or letting it fall on to the floor.

### 2. Limbo

**Items needed:** A piece of rope/ribbon or a stick about a metre long to make a 'limbo pole', upbeat music playlist and speakers

With the music playing in the background, ask two women to volunteer to hold the limbo pole parallel to the ground at the same level, starting from above their heads with extended arms up. Have everyone get into a line, one behind the other, and each woman will need to travel under the 'limbo pole' whilst bending backwards (good flexibility is needed for this game) without any parts of their body touching it and no part other than their feet touching the ground. Encourage them to have fun and dance to the beat if willing.

After the last person in the queue has their turn, the pole gradually gets lowered by a couple of inches each time. A player is out of the game when they touch the pole, fall over or don't clear the pole without touching the ground. The last person to successfully pass under the lowest possible pole height wins.

ADD YOUR  
OWN IDEAS  
TOO



# TRUFFLES



**FOLLOW THESE STEP-BY-STEP INSTRUCTIONS AND IN A FEW MINUTES YOU WILL BE AN EXPERT TRUFFLE MAKER! EACH BATCH WILL MAKE UP TO 30 TRUFFLES, SO TWO OR THREE CAN GET TRUFFLING TOGETHER!**

## INGREDIENTS

- 85g soft cheese
- 100g drinking chocolate powder
- 100g icing sugar
- One teaspoon of milk (optional)
- Vermicelli or cocoa powder
- Paper petit four cases

## PROCESS

1. Measure out the soft cheese.
2. Sift the icing sugar and drinking chocolate powder, then add gradually to the cream cheese. You may need to add one teaspoon of milk.
3. Take a heaped teaspoon of your mixture and roll lightly into a smooth ball.
4. Roll the balls in vermicelli or cocoa powder.
5. Place in petit four cases.
6. Serve and enjoy.



# CHECK YOUR STRESS LEVEL



- 1. DO YOU FIND THAT YOU HAVE LITTLE TIME TO RELAX BY YOURSELF?**  YES  NO
- 2. DO YOU FEEL LIKE YOU ARE JUGGLING TOO MANY ACTIVITIES IN ONE DAY?**  YES  NO
- 3. IS IT MORE THAN A FORTNIGHT SINCE YOU HAD THE CHANCE TO DO SOMETHING JUST FOR YOU?**  YES  NO
- 4. IS IT MORE THAN SIX MONTHS SINCE YOU LAST HAD A HOLIDAY OR A BREAK - AWAY FROM HOME?**  YES  NO
- 5. DO YOU SOMETIMES WISH YOU LIVED SOMEWHERE ELSE?**  YES  NO
- 6. IS IT A STRUGGLE TO MANAGE FINANCIALLY?**  YES  NO
- 7. ARE YOU EASILY IRRITATED WHEN THINGS GO WRONG?**  YES  NO
- 8. DO YOU FEEL LIKE YOU ARE NOT GETTING ENOUGH SLEEP?**  YES  NO
- 9. DO YOU FEEL LIKE THERE'S NO ONE YOU CAN REALLY TALK TO?**  YES  NO

ADDITIONAL QUESTIONS FOR THOSE WITH PARTNERS/  
SPOUSES AND/OR HAVE CHILDREN:

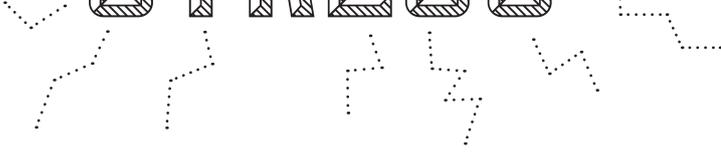
- 10. DO YOU HAVE MORE THAN ONE CHILD UNDER 5 YEARS?**  YES  NO
- 11. DO YOU HAVE PROBLEMS GETTING YOUR CHILD TO SLEEP?**  YES  NO
- 12. DO YOU FIND YOURSELF FEELING REALLY ANGRY WITH YOUR CHILD(REN) MOST DAYS?**  YES  NO
- 13. DO YOU AND YOUR PARTNER ARGUE REGULARLY (AT LEAST ONCE A WEEK)?**  YES  NO

ANYTHING ELSE YOU WANT TO NOTE?



# DEALING WITH

# STRESS



## THREE SITUATIONS IN WHICH I SOMETIMES FEEL STRESSED:

1. ....
2. ....
3. ....

## THREE STRESS-BUSTERS I WILL TRY THIS WEEK:

1. ....
2. ....
3. ....



# PERSONAL SUPPORT CHECKLIST

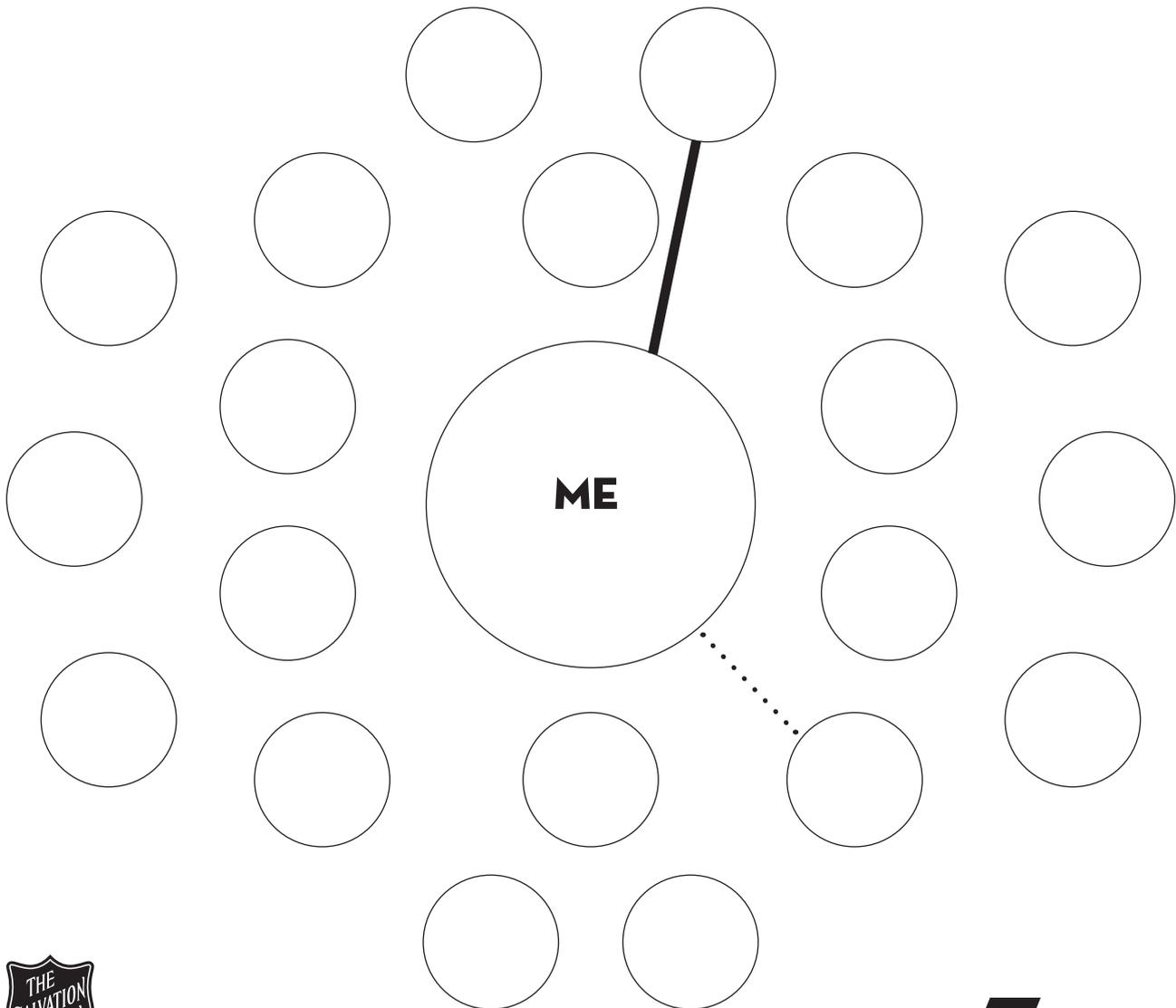
- ..... **MAKES ME FEEL SPECIAL**
- ..... **LISTENS TO MY WORRIES**
- ..... **ALLOWS ME TO BE MYSELF**
- ..... **ISN'T AFRAID TO BE HONEST WITH ME**
- ..... **KNOWS HOW TO RELAX WITH ME**
- ..... **GETS ME TO TRY DIFFERENT THINGS**
- ..... **SUPPORTS ME IN A CRISIS**
- ..... **CAN ALWAYS MAKE ME LAUGH**
- ..... **LOVES ME FOR WHO I AM**



# NETWORKS AND FAMILY LINKS

**PUT YOURSELF IN THE CENTRE CIRCLE AND THEN IDENTIFY IMPORTANT PEOPLE OR ORGANISATIONS AND USE BLANK CIRCLES AS NEEDED. DRAW IN CONNECTIONS WHERE THEY EXIST. USE DIFFERENT TYPES OF LINES TO INDICATE THE NATURE OF THE LINK OR RELATIONSHIP. SEE THE EXAMPLE BELOW.**

	= <b>STRONG</b>
	= <b>WEAK</b>
	= <b>STRESSFUL</b>



# STRESS-BUSTING

## TIPS



**COPY AND CUT UP THE FOLLOWING, AND PUT IN ENVELOPES. INCLUDE SOME BLANK PIECES OF PAPER FOR IDEAS SUGGESTED BY THE GROUP:**

**MAKE SURE YOU GET PLENTY OF SLEEP**

**CHAT TO A FRIEND**

**LISTEN TO RELAXING MUSIC**

**EXERCISE REGULARLY**

**GO OUT FOR A WALK**

**GO OUT FOR AN EVENING**

**HAVE A BATH**

**HAVE A DRINK**

**GO SHOPPING**

**WATCH TV**

# RELAXATION

## HOLIDAY

**ONE WAY WE CAN HELP OURSELVES STAY CALM EVEN WHEN THINGS ARE TOUGH IS TO FIND A FEW MOMENTS TO RELAX SEVERAL TIMES A DAY. THIS IS ONE WAY OF TAKING A SHORT, RELAXING BREAK.**

*Sit comfortably.*

*Start with a few slow, easy breaths and begin to relax...*

**Now let your mind create these sensations:**

- *Imagine the colours of the sky in a beautiful sunset...*
- *Imagine the sound of water flowing in a stream...*
- *Imagine the smell of a bonfire on a crisp autumn day...*
- *Imagine the feel of smooth, clean sheets...*
- *Imagine the sound of rain on the roof...*
- *Imagine the smell of a field of grass in the hot summer sun...*
- *Imagine the stars and moon in the dark sky on a clear night...*
- *Imagine the taste of a favourite food...*
- *Imagine the sound of a beautiful song...*
- *Imagine the wind gently blowing on your face...*
- *Imagine floating on the still water of a peaceful, shallow lake...*

*Notice the feeling of calm and peace, and take time to enjoy it.*



# IDENTIFYING YOUR EMOTIONS

PRIMARY EMOTION	SECONDARY EMOTION	TERTIARY EMOTIONS
<b>Love</b>	Affection	Adoration, affection, love, fondness, liking, attraction, caring, tenderness, compassion, sentimentality
	Lust	Arousal, desire, lust, passion, infatuation
	Longing	Longing
<b>Joy</b>	Cheerfulness	Amusement, bliss, cheerfulness, gaiety, glee, jolliness, joviality, joy, delight, enjoyment, gladness, happiness, jubilation, elation, satisfaction, ecstasy, euphoria
	Zest	Enthusiasm, zeal, zest, excitement, thrill, exhilaration
	Contentment	Contentment, pleasure
	Pride	Pride, triumph
	Optimism	Eagerness, hope, optimism
	Enthralment	Enthralment, rapture
	Relief	Relief
<b>Surprise</b>	Surprise	Amazement, surprise, astonishment

SEE MORE ON  
'IDENTIFYING  
YOUR EMOTIONS  
CONT.' SHEET



# IDENTIFYING YOUR EMOTIONS CONT.

PRIMARY EMOTION	SECONDARY EMOTION	TERTIARY EMOTIONS
<b>Anger</b>	Irritation	Aggravation, irritation, agitation, annoyance, grouchiness, grumpiness
	Exasperation	Exasperation, frustration
	Rage	Anger, rage, outrage, fury, wrath, hostility, ferocity, bitterness, hate, loathing, scorn, spite, vengefulness, dislike, resentment
	Disgust	Disgust, revulsion, contempt
	Envy	Envy, jealousy
	Torment	Torment
<b>Sadness</b>	Suffering	Agony, suffering, hurt, anguish
	Sadness	Depression, despair, hopelessness, gloom, glumness, sadness, unhappiness, grief, sorrow, woe, misery, melancholy
	Disappointment	Dismay, disappointment, displeasure
	Shame	Guilt, shame, regret, remorse
	Neglect	Alienation, isolation, neglect, loneliness, rejection, homesickness, defeat, dejection, insecurity, embarrassment, humiliation, insult
	Sympathy	Pity, sympathy
<b>Fear</b>	Horror	Alarm, shock, fear, fright, horror, terror, panic, hysteria, mortification
	Nervousness	Anxiety, nervousness, tenseness, uneasiness, apprehension, worry, distress, dread



# MANAGING EMOTIONS

## REMEMBER WHEN HANDLING CONFLICT AND COPING WITH CRITICISM...

- Always use 'I' statements
- Be honest
- Be assertive not aggressive
- Be willing to forget
- Speak calmly, coolly and rationally
- Show respect for yourself and others
- Avoid blaming
- Be willing to compromise
- Create an atmosphere of healing
- Be willing to forgive
- Be willing to apologise
- Be willing to admit a mistake



**'YOUR EMOTIONS ARE  
YOUR INNER GUIDANCE  
SYSTEM. YOU HAVE  
WITHIN YOU THE POWER  
TO CREATE A LIFE OF JOY,  
ABUNDANCE AND HEALTH,  
OR YOU HAVE THE SAME  
ABILITY TO CREATE  
A LIFE FILLED WITH  
STRESS, FATIGUE AND  
DISEASE. WITH VERY FEW  
EXCEPTIONS, THE CHOICE  
IS YOURS.'**

CHRISTIANE NORTHRUP



# DISCOVERING HAPPINESS

These practical suggestions come from psychologists at the University of California (2011). They say that following these simple rules will give you a happiness boost.

## 1. COUNT YOUR BLESSINGS

Have a 'gratitude journal' – write down 3–5 things for which you are currently thankful – from the mundane to the magnificent. Do it at least once a week, and vary your entries as much as possible.

For example, 'My flowers are in bloom'... 'My child's taken her first step today'.

## 2. PRACTICAL ACTS OF KINDNESS

These should be both random and systematic. Being kind to others, whether friends or strangers, triggers a cascade of positive effects – it makes you feel generous and capable, gives you a greater sense of connection with others and wins you smiles, approval and reciprocated kindness – all happiness boosters!

For example: 'I'm going to let that older lady go ahead of me in the checkout today'... 'I'm going to take a cake round to my neighbour today'.

## 3. SAVOUR LIFE'S JOYS

Pay close attention to momentary pleasures and wonders. Take 'mental photos' of pleasurable moments to review in less happy times.

For example, focus on the sweetness of a ripe strawberry, enjoy the sunshine etc.

## 4. THANK A MENTOR

If there's someone to whom you owe a debt of gratitude for guiding you at one of life's crossroads, don't wait to express your appreciation – do it soon and, if possible, in person.

## 5. LEARN TO FORGIVE

Let go of anger and resentment by writing a letter of forgiveness to a person who has hurt or wronged you. Inability to forgive is associated with ongoing stress and wasting time dwelling on revenge, while forgiving allows you to move on.

## 6. INVEST TIME AND ENERGY IN FRIENDS AND FAMILY

Where you live, how much money you have, your job title and even your health have surprisingly small effects on your satisfaction with life. The biggest factor appears to be strong personal relationships. Make time for your friends today!



**ARE THERE  
TIPS THAT YOU  
WOULD LIKE TO  
TAKE ON THIS  
WEEK?**

## **7. TAKE CARE OF YOUR BODY**

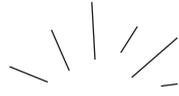
Getting plenty of sleep, exercise, stretching, smiling and laughing can all enhance your mood in the short term. Practised regularly, they can make your daily life more satisfying.

## **8. DEVELOP STRATEGIES FOR COPING WITH STRESS AND HARDSHIPS**

There is no avoiding hard times. Religious faith has been shown to help people cope, as do the beliefs enshrined in statements like 'This, too, shall pass' and 'That which doesn't kill me makes me stronger'. The trick is to believe them!

(Source: [www.health.harvard.edu/healthbeat/giving-thanks-can-make-you-happier](http://www.health.harvard.edu/healthbeat/giving-thanks-can-make-you-happier))





“

# YOU ARE AMAZINGLY & WONDERFULLY MADE!

”

**ADAPTED FROM  
PSALM 139  
(THE BIBLE)**

## CREATING CONFIDENCE TIPS

1. Recognise your insecurities. If helpful you can write them down then tear them up to start feeling positive on those points.
2. Remember that no one is perfect. Even the most confident people have insecurities.
3. Identify your successes. Everyone is good at something, so discover the things at which you excel, then focus on your talents.
4. Be thankful for what you have. Appreciating what you do have can combat the feeling of being incomplete and unsatisfied.
5. Accept compliments gracefully. Don't roll your eyes and say, 'Yeah, right,' or shrug it off. Take it to heart and respond positively ('Thank you' and a smile works well).
6. Look in the mirror and smile. By looking in the mirror and smiling every day, you might feel happier with yourself and more confident in the long run.
7. Hold your head high. Acting confident (even when you don't feel it) can actually make you believe it.
8. Talk about it with friends and loved ones. Share your insecurities with people who will build you up.

**'IF SOMEONE DOES NOT SEE YOU AS  
BEAUTIFUL, THIS DOES NOT MEAN  
THAT YOU ARE NOT BEAUTIFUL, BUT  
RATHER THAT THEY SIMPLY DO NOT  
SEE YOU'**

NATHANIEL SUMMERS





# PHENOMENAL WOMAN

BY MAYA ANGELOU

(Used with permission)

Pretty women wonder where my secret lies.  
I'm not cute or built to suit a fashion model's size  
But when I start to tell them,  
They think I'm telling lies.  
I say,  
It's in the reach of my arms,  
The span of my hips,  
The stride of my step,  
The curl of my lips.  
I'm a woman  
Phenomenally.  
Phenomenal woman,  
**That's me.**

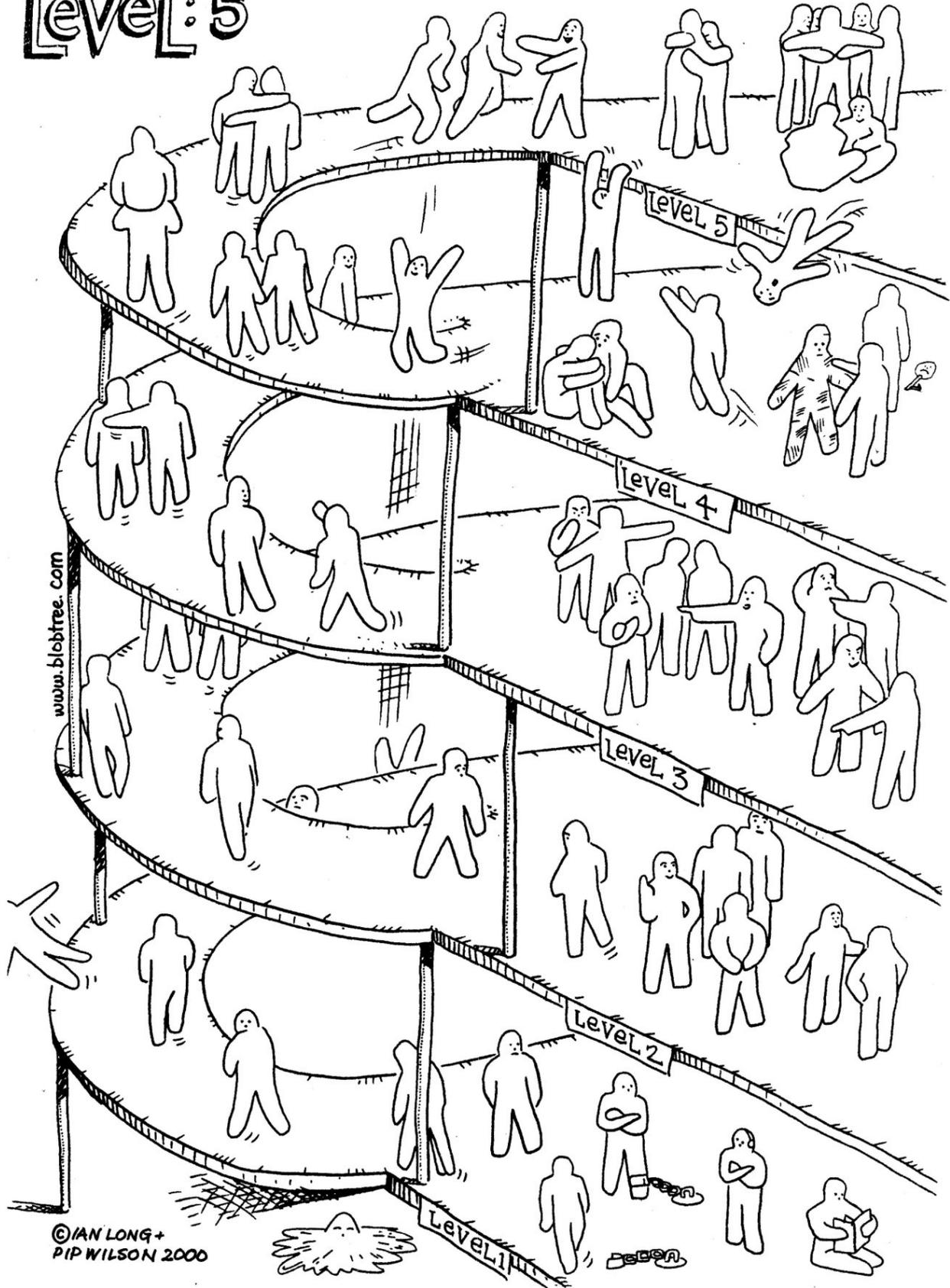
I walk into a room  
Just as cool as you please,  
And to a man,  
The fellows stand or  
Fall down on their knees.  
Then they swarm around me,  
A hive of honey bees.  
I say,  
It's the fire in my eyes,  
And the flash of my teeth,  
The swing in my waist,  
And the joy in my feet.  
I'm a woman  
Phenomenally.  
Phenomenal woman,  
**That's me.**

Men themselves have wondered  
What they see in me.  
They try so much  
But they can't touch  
My inner mystery.  
When I try to show them,  
They say they still can't see.  
I say,  
It's in the arch of my back,  
The sun of my smile,  
The ride of my breasts,  
The grace of my style.  
**I'm a woman.**

Phenomenally.  
Phenomenal woman,  
That's me.  
Now you understand  
Just why my head's not bowed.  
I don't shout or jump about  
Or have to talk real loud.  
When you see me passing,  
It ought to make you proud.  
I say,  
It's in the click of my heels,  
The bend of my hair,  
the palm of my hand,  
The need for my care.  
'Cause I'm a woman  
Phenomenally.  
Phenomenal woman,  
**That's me.**



# Level: 5

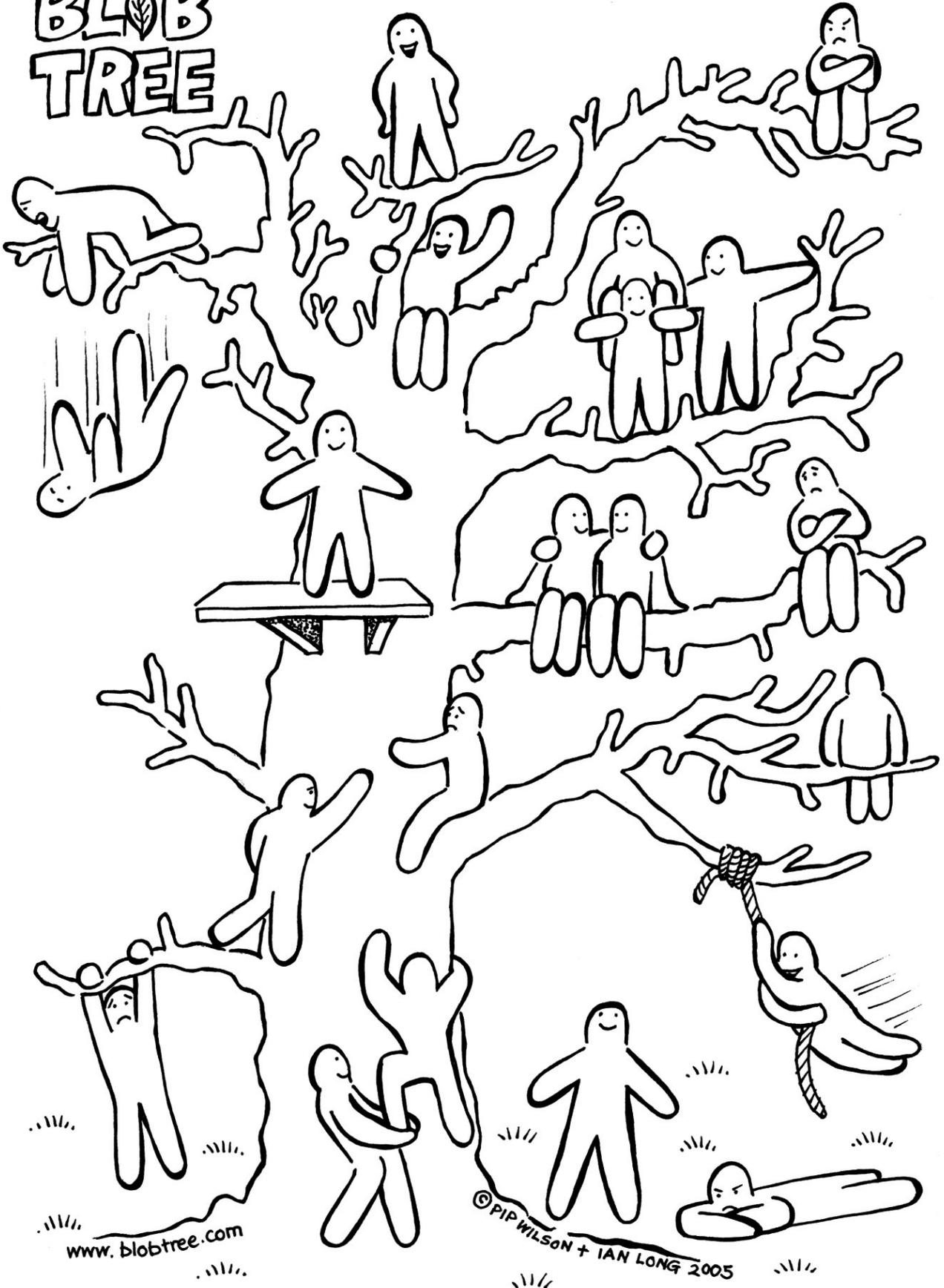


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PIP WILSON 2000



# BLOB TREE



# JAR

# EXERCISE



*When things in your life seem almost too much to handle, when 24 hours in a day are not enough, remember the mayonnaise jar – and the coffee.*

*A professor stood before his philosophy class and had some items in front of him. When the class began, he picked up a very large and empty mayonnaise jar and proceeded to fill it with golf balls. He then asked the students if the jar was full. They agreed that it was.*

*So the professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles rolled into the open areas between the golf balls. He then asked the students again if the jar was full. They agreed it was.*

*The professor next picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else. He asked once more if the jar was full. The students responded with a unanimous 'yes'.*

*The professor then produced two cups of coffee from under the table and poured the entire contents into the jar, effectively filling the empty space between the sand. The students laughed.*

*'Now,' said the professor, as the laughter subsided, 'I want you to recognise that this jar represents your life. The golf balls are the important things – God, your family, your children, your health, your friends, and your favourite passions – things that if everything else was lost and only they*

*remained, your life would still be full. The pebbles are the other things that matter, like your job, your house and your car. The sand is everything else – the small stuff.*

*'If you put the sand into the jar first,' he continued, 'there is no room for the pebbles or the golf balls. The same goes for life. If you spend all your time and energy on the small stuff, you will never have room for the things that are important to you. Pay attention to the things that are critical to your happiness. Play with your children. Take time to get medical check-ups. There will always be time to clean the house. Take care of the main things first, the things that really matter. Set your priorities. The rest is just sand.'*

*One of the students raised her hand and inquired what the coffee represented.*

*The professor smiled. 'I'm glad you asked. It just goes to show you that no matter how full your life may seem, there's always room for a couple of cups of coffee with a friend.'*

*Have a think about the things that are the golf balls/rocks in your life.*

*Before we move on, is there anything anyone doesn't understand from the story? Allow time and space to address any questions or to explain things further.*

*What do you want to achieve and prioritise in your week? Write down things on the Hopes and Dreams handout. (Appendix 17)*



# HOPES AND DREAMS

**THINK BACK TO THE JAR EXERCISE. WHAT ARE THE TOP THREE THINGS YOU WOULD LIKE TO ACHIEVE IN YOUR WEEK?**

1. ....
2. ....
3. ....

**REMEMBER TO SCHEDULE THESE THINGS INTO YOUR WEEK BEFORE ANYTHING ELSE!**

**HAVING DISCOVERED YOUR PERSONALITY TYPE, IS THERE ANYTHING THAT YOU WOULD LIKE TO EXPLORE FURTHER IN THE FUTURE?**

““”

**‘DREAM AS IF YOU’LL LIVE FOR EVER. LIVE AS IF YOU’LL DIE TODAY’**

JAMES DEAN

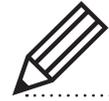
““”

**NO PERSON HAS EVER SAID ON THEIR DEATHBED: ‘I WISH I’D SPENT MORE TIME ON THE IRONING!’**

DIANE PARSONS



# WHAT'S YOUR PERSONALITY TYPE?



## Find out with the 'What Am I Like?' personality test:

- This test is 20 questions long and should take about 10 minutes – highlight/tick/circle your answer for each question.
- It is made up of four sets of five questions and you will find out about a different aspect of your personality after every five questions.
- At the end of the test you will be assigned one of 16 possible personality types.
- This personality test can't tell you exactly what you are like. No survey can predict personality type with 100 per cent accuracy. Experts say we should use personality type descriptions to better understand ourselves and others, but shouldn't feel restricted by our results.
- The test was developed for the BBC television programme 'What Am I Like? The Personality Test' ([www.bbc.co.uk/science/humanbody/mind/surveys/whatamilike/static\\_quiz.shtml](http://www.bbc.co.uk/science/humanbody/mind/surveys/whatamilike/static_quiz.shtml)).
- It is a simplified personality test based on personality type theory and devised by psychologists.
- It is not a replacement for the full Myers-Briggs Type Indicator® questionnaire and the results are not intended to be the psychometric or practical equivalent to MBTI® questionnaire results.

## SECTION 1: PLANNER OR SPONTANEOUS?

### 1. When you go on holiday, what do you prefer to do?

- A. Plan every detail in advance
- B. Plan a rough itinerary in advance, leaving some time free
- C. Look at a few options in advance, but only really decide when you're there
- D. You rarely plan – just book at the last minute and go with the flow

### 2. What statement best describes how you do your regular grocery shop?

- A. You make a detailed list of everything you need to buy
- B. You make a rough list to jog your memory
- C. You don't make a list, as you think it's a waste of time
- D. You don't do a regular shop – you just go when you need to

### 3. You've been to a furniture store and have come back with some flat-pack furniture, like a wardrobe or a desk that you have to assemble. What are you most inclined to do?

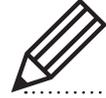
- A. Before you start, you check that all the components are there and that you have the tools you will need
- B. You read through the instructions carefully first and then follow them step by step
- C. You scan the instructions, although you don't always follow them exactly
- D. You leap in, only referring to the instructions if you get stuck



# WHAT'S YOUR

# PERSONALITY TYPE?

## CONT.



### 4. Which of the following descriptions fits you best?

- A. You are a perfectionist and can't leave anything unfinished
- B. You need time, over-prepare and hate pressure
- C. You're scatty, forgetful and disorganised
- D. You put things off till the last minute and are often late

### 5. What happens when your local supermarket moves the food to different aisles?

- A. You would notice and it would really bother you
- B. You would notice, but you simply change the order in which you shop
- C. You would notice, but it wouldn't bother you as you have no set routine
- D. You probably wouldn't notice

## SECTION 2: FACTS OR IDEAS?

### 6. Of the following options, which one describes you best?

- A. Realistic
- B. Efficient
- C. Imaginative
- D. Visionary

### 7. How do you usually give directions to your house? Do you...

- A. Provide a step-by-step list of directions for the entire journey?
- B. Draw a really detailed map that shows things like street names and roundabouts?
- C. Just give general directions?
- D. Sketch a rough map, as too many details can be confusing?

### 8. Which set of words best describes you?

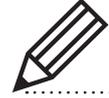
- A. Practical, thorough and stable
- B. Realistic, enthusiastic and spontaneous
- C. Inventive, imaginative and original
- D. Creative, dynamic and adventurous

### 9. Which of these best describes how you do your supermarket shopping?

- A. You usually go up and down the aisles in exactly the same order
- B. You read and compare labels and prices
- C. You're attracted to new things or special offers that catch your eye
- D. You vary the way you go round the supermarket depending on what you feel like buying



# WHAT'S YOUR PERSONALITY TYPE? CONT.



**10. Look at the picture below. Write down on a piece of paper what you see.  
Allow yourself about 30 seconds for this.**



Source: Salvador Dali,  
wikiart.org

**Now choose which statement best describes what you noted down.**

- A. Is it a list of what's in the picture?
- B. Is it a story about what's happening in the picture?
- C. Have you tried to find a hidden meaning in this picture?
- D. Have you written lots of ideas inspired by the picture?

## SECTION 3: HEADS OR HEARTS?

**11. Which set of words best describes you?**

- A. Analytical, logical and objective
- B. Decisive, driven and energetic
- C. Caring, helpful and supportive
- D. Complex, thoughtful and sensitive

**12. What would you do if you had to decide between two homes to move into?**

- A. List your ideal features and compare which place has the most
- B. Compare the good and bad features of both
- C. Go with your gut feeling about which is best
- D. Think about how each place affects the other people in your life



# WHAT'S YOUR

# PERSONALITY TYPE?

## CONT.



**13. If your friend started dating someone you really disliked and asked you what you thought about their relationship, what would you do?**

- A. Be up-front and honest about what you think
- B. Try to be tactful – but still be truthful about what you think
- C. Try not to hurt their feelings, changing the subject if necessary
- D. Avoid hurting their feelings, telling a 'white lie' if necessary

**14. If you are with a group of friends and an argument breaks out, what do you tend to do?**

- A. Face the dispute head on
- B. Try to find an answer to the problem
- C. Try to meet everyone's needs
- D. Anything to avoid hurting people's feelings

**15. When you have to make a difficult decision, what is most important to you?**

- A. Arriving logically at the best choice
- B. Being as fair as possible
- C. Doing the right thing according to your own beliefs and values
- D. Getting the approval and agreement of others

## SECTION 4: EXTROVERT OR INTROVERT?

**16. When you are out with a group of your friends, how much of the talking do you usually do?**

- A. Hardly any at all
- B. A little less than most
- C. Quite a lot
- D. Almost all

**17. When it comes to expressing yourself do you...**

- A. Hold back more, listening to others before speaking?
- B. Think before you speak?
- C. Think out loud?
- D. Use your hands and facial expressions a lot?

**18. What are you like when you have to meet a group of new people?**

- A. You stick with the people you've met before
- B. You spend your time thinking about how to keep the conversation going
- C. You aim to mingle with as many new people as possible
- D. You just go out and have fun



# WHAT'S YOUR

# PERSONALITY TYPE?

## CONT.



### 19. Which set of words best describes you?

- A. Cautious, thoughtful and loyal
- B. Inquisitive, independent and contained
- C. Lively, enthusiastic and energetic
- D. Expressive, talkative and friendly

### 20. If you are in the middle of something important and the phone rings, how do you usually react? Do you...

- A. Ignore the phone, or let it go to voicemail?
- B. Take the call, but deal with it as quickly as possible?
- C. Answer it, as you welcome the chance to talk to someone, but keep it brief?
- D. Answer the phone enthusiastically and be up for a long conversation?

## RESULTS

### Section 1: Planner or Spontaneous

If you answered more A's and B's, you're a planner.  
If you answered more C's and D's, you're spontaneous.

### Section 2: Facts or Ideas

If you answered more A's and B's, you're a facts person.  
If you answered more C's and D's, you're an ideas person.

### Section 3: Head or Heart

If you answered more A's and B's, you're a head person.  
If you answered more C's and D's, you're a heart person.

### Section 4: Extrovert or Introvert

If you answered more A's and B's, you're an introvert.  
If you answered more C's and D's, you're an extrovert.

## FIND OUT YOUR PERSONALITY TYPE

**Big Thinker** = Spontaneous + Ideas + Heart + Extrovert

**Counsellor** = Planner + Ideas + Heart + Introvert

**Go-getter** = Spontaneous + Facts + Head + Extrovert

**Idealist** = Spontaneous + Ideas + Heart + Introvert

**Innovator** = Spontaneous + Ideas + Heart + Extrovert

**Leader** = Planner + Ideas + Head + Extrovert

**Mastermind** = Planner + Ideas + Head + Introvert

**Mentor** = Planner + Ideas + Heart + Extrovert

**Nurturer** = Planner + Facts + Heart + Introvert

**Peacemaker** = Spontaneous + Facts + Heart + Introvert

**Performer** = Spontaneous + Facts + Heart + Extrovert

**Provider** = Planner + Facts + Heart + Extrovert

**Realist** = Planner + Facts + Head + Introvert

**Resolver** = Spontaneous + Facts + Head + Introvert

**Strategist** = Spontaneous + Ideas + Head + Introvert

**Supervisor** = Planner + Facts + Head + Extrovert

Find out more about what your personality type means online:

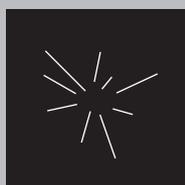
[www.salvationarmy.org.uk/women-and-our-church](http://www.salvationarmy.org.uk/women-and-our-church)



## YOUR PERSONALITY TYPE:

# BIG THINKERS

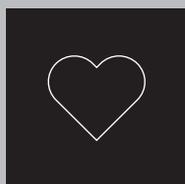
The four aspects that make up this personality type are:



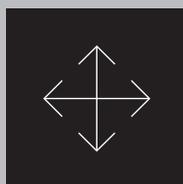
**Spontaneous**



**Ideas**



**Heart**



**Extrovert**

### SUMMARY OF BIG THINKERS

- Outspoken, ingenious and bored by routine
- Look for opportunities and enjoy tackling problems head-on
- Think of themselves as talkative, curious and self-sufficient
- May neglect the routine work required to make their plans successful

### MORE ABOUT BIG THINKERS

Big Thinkers are always looking for the next big idea or opportunity. They're adept at spotting trends and thinking on their feet. Big Thinkers like to jump in and find innovative solutions to complex problems and are good at developing strategies for the future.

Big Thinkers are usually curious, logical and energetic. This chatty group enjoys a good debate and asserting their opinions. Sometimes others may find the way they express their ideas too abrupt or challenging.

In situations where they can't use their talents or are unappreciated, Big Thinkers may be rude, critical of others or rebellious. Under extreme stress, Big Thinkers can become preoccupied with unimportant details and lose sight of the big picture.

Big Thinkers may ignore important details in their plans and overlook the impact their ideas have on the people around them.

### BIG THINKER CAREERS

The entrepreneurial spirit of the Big Thinkers often leads them to seek new challenges; this is often more important to them than working in a particular field or a specific career.

“

IN THE UK, BIG THINKERS ARE MOST LIKELY TO BOOK A HOLIDAY AT SHORT NOTICE, ACCORDING TO A NATIONWIDE SURVEY

”



## YOUR PERSONALITY TYPE:

# COUNSELLORS

The four aspects that make up this personality type are:



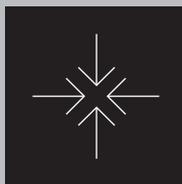
**Planner**



**Ideas**



**Heart**



**Introvert**

### SUMMARY OF COUNSELLORS

- Search for meaning in their life and develop powerful insights
- Are dedicated to helping others reach their potential
- Think of themselves as gentle, peaceable and cautious
- Others may find it difficult to get to know them

### MORE ABOUT COUNSELLORS

Counsellors have a natural understanding of human relationships and the complexities of life, which they use to help others. They search for meaning in everything and develop complex insights.

Counsellors feel most relaxed and creative when their surroundings are organised. They are deeply private people who only share their insights with trusted friends; however, they will defend their values if challenged.

In situations where they can't use their talents or are unappreciated, Counsellors may withdraw from the people around them or become resentful. Under extreme stress, Counsellors may feel overwhelmed and be driven to organise small parts of their lives such as their kitchen cabinets or their record collection.

Counsellors typically prefer a few close relationships to a wide circle of friends.

### COUNSELLOR CAREERS

Counsellors are often drawn to jobs where they can help people develop emotionally, intellectually or spiritually and where they can use their imagination.

“

COUNSELLORS ARE LEAST LIKELY TO DESCRIBE THEMSELVES AS ATHEISTS, ACCORDING TO A UK SURVEY

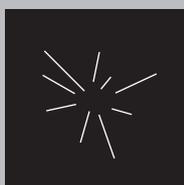
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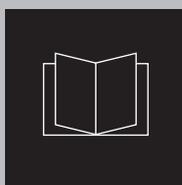
## YOUR PERSONALITY TYPE:

# GO-GETTERS

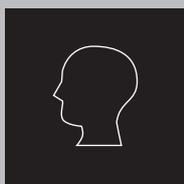
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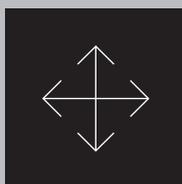
**Spontaneous**



**Facts**



**Head**



**Extrovert**

### SUMMARY OF GO-GETTERS

- Inventive, resourceful problem-solvers with a love of life
- Can be tough-minded when necessary
- Think of themselves as enthusiastic, determined and alert
- May become frustrated by rules and routines

### MORE ABOUT GO-GETTERS

Go-getters are active, flexible people who put a great deal of energy into life. This group prefers learning on the job to quiet study and willingly jumps into almost any situation. Others are attracted to the Go-getter's positive attitude and enthusiasm.

Go-getters find fun ways to tackle problems head-on and don't worry too much about rules. They are good at using logic to assess the situation and finding realistic solutions.

In situations where they can't use their talents or are unappreciated, Go-getters may reject all routines and put fun ahead of responsibilities. Under extreme stress, Go-getters may become overwhelmed by thinking of all the things that could possibly go wrong.

Go-getters may be liable to forget important dates such as a loved one's birthday.

### GO-GETTER CAREERS

Go-getters are attracted to a variety of careers, especially those which require attention to detail.

“

GO-GETTERS ARE MOST LIKELY TO SAY THEY DISLIKE READING POETRY BOOKS, ACCORDING TO A UK SURVEY

”



## YOUR PERSONALITY TYPE:

# IDEALISTS

The four aspects that make up this personality type are:



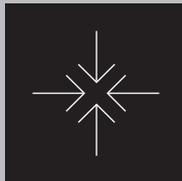
**Spontaneous**



**Ideas**



**Heart**



**Introvert**

### SUMMARY OF IDEALISTS

- Make sense of the world using inner values
- Focus on personal growth and the growth of others
- Think of themselves as bright, forgiving and curious
- May sometimes appear stubborn

### MORE ABOUT IDEALISTS

Idealists put time and energy into developing personal values that they use as a guide through life. They may seek fulfilment by helping others improve themselves and often want to make the world a better place. Idealists only share their inner values with people they respect.

Idealists enjoy discussions about a wide range of topics, particularly those that deal with the future. They are typically easy-going and flexible, but if their values are challenged they may refuse to compromise.

In situations where they can't use their talents or are unappreciated, Idealists may have trouble expressing themselves and withdraw. Under extreme stress, Idealists may become very critical of others, or lose confidence in their own ability to cope.

Recognition for their work is important to Idealists; however, they are also good at spotting false praise.

### IDEALIST CAREERS

Idealists are often drawn to jobs where they can help people reach their potential. They are also attracted to careers that allow artistic creativity.

“

IDEALISTS ARE THE MOST LIKELY GROUP TO SAY THEY ARE VEGETARIAN, ACCORDING TO A UK SURVEY

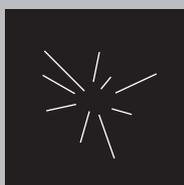
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## YOUR PERSONALITY TYPE:

# INNOVATORS

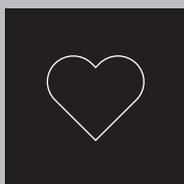
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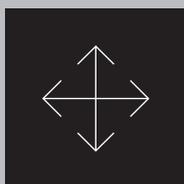
**Spontaneous**



**Ideas**



**Heart**



**Extrovert**

### SUMMARY OF INNOVATORS

- Energetic and creative, taking inspiration from everyone they meet
- Enjoy flexible work environments with few rules and many opportunities for fun
- Think of themselves as imaginative, sociable and sympathetic
- May not think logically about their ideas

### MORE ABOUT INNOVATORS

Innovators are fun-loving, creative, sensitive people who enjoy developing their ideas by discussing them with others. This group supports the people around them and expects the same in return. Others are drawn to Innovators because of their love of life, caring nature and openness.

Innovators are good at spotting opportunities and recognising potential in people. Innovators put all their energy into new projects and their enthusiasm motivates others to support their plans.

In situations where they can't use their talents or are unappreciated, Innovators may become rebellious and unfocused. Under extreme stress, Innovators may become preoccupied with meaningless details.

Innovators may overextend themselves or put a night out with friends ahead of more pressing commitments.

### INNOVATOR CAREERS

Innovators are drawn to careers that require teaching or counselling, where they can work with and help encourage the development of others.

“

INNOVATORS ARE MOST LIKELY TO SAY THEY DO THEIR BEST WORK WHEN THEY START AT THE LAST MINUTE, ACCORDING TO A UK SURVEY

”



## YOUR PERSONALITY TYPE:

# LEADERS

The four aspects that make up this personality type are:



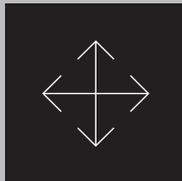
**Planner**



**Ideas**



**Head**



**Extrovert**

### SUMMARY OF LEADERS

- Natural managers who strive for efficiency
- See the big picture and make strategic plans for the future
- Think of themselves as bright, independent and logical
- May overlook other people's need for emotional support

### MORE ABOUT LEADERS

Leaders are strategic thinkers, planning ahead and anticipating difficulties. They quickly spot inefficiency and organise people to make improvements. Leaders like solving problems at the organisational level, but would rather leave the detailed work to others.

Leaders enjoy discussing complex issues and will challenge people's views to spark a debate. They admire people who defend their beliefs by arguing persuasively.

In situations where they can't use their talents or are unappreciated, Leaders may become detached, critical or aggressive. Under extreme stress, Leaders may feel isolated and doubt their abilities.

Leaders are often so ambitious in their careers that they sacrifice their personal life in the process.

### LEADER CAREERS

Leaders are often drawn to jobs in management where logical analysis and strategic planning are required.

“

LEADERS ARE MOST LIKELY TO SAY THEY ENJOY THEIR JOB, ACCORDING TO A UK SURVEY

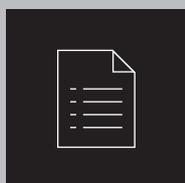
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## YOUR PERSONALITY TYPE:

# MASTERMINDS

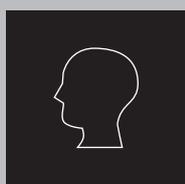
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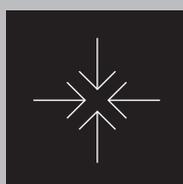
**Planner**



**Ideas**



**Head**



**Introvert**

### SUMMARY OF MASTERMINDS

- Visionaries who put energy into achieving their goals
- Prefer to work independently and dislike inefficiency
- Think of themselves as logical, thorough and bright
- Value practicality and common sense above ideas and theories

### MORE ABOUT MASTERMINDS

Masterminds create a vision for the future by gathering and organising information. They then develop strategies to achieve their goals. They have a rare gift for looking at almost anything and seeing how it can be improved. These skills and the Masterminds' high standards often allow them to reach leadership positions at work.

Masterminds value independence and prefer to work on their own. Once they have decided on a course of action, Masterminds rarely change their minds, although they can be persuaded by the clear reasoning of someone they respect.

In situations where they can't use their talents or are unappreciated, Masterminds may cut themselves off from a group and criticise people who don't understand their plans. Under extreme stress, Masterminds may overindulge in sensory experiences like eating, shopping or watching television.

Masterminds often have an unusual sense of humour, which arises from their ability to spot surprising links between seemingly unconnected facts.

### MASTERMIND CAREERS

Masterminds are drawn to jobs requiring logical analysis or abstract thinking common in science or technical fields.

“

MASTERMIND IS THE LEAST COMMON PERSONALITY TYPE IN THE UK, ACCORDING TO A NATIONWIDE SURVEY

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**YOUR PERSONALITY TYPE:**

# MENTORS

**The four aspects that make up this personality type are:**



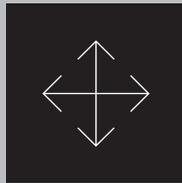
**Planner**



**Ideas**



**Heart**



**Extrovert**

## SUMMARY OF MENTORS

- Warm and lively people who focus on the needs of others
- Bring people together and encourage group participation
- Think of themselves as intelligent, outgoing and sensitive
- May become overbearing in their quest for harmony

## MORE ABOUT MENTORS

Articulate, lively and enthusiastic, Mentors spend time and energy fostering relationships and encouraging personal growth in others. They are extremely sensitive to people’s needs and play a central role in families and social groups.

Mentors love to bring people together in harmony and enjoy busy, active lives. However, their warm nature may mean they have trouble making tough decisions that affect others negatively.

In situations where they can’t use their talents or are unappreciated, Mentors may focus too much on the needs of others. Under extreme stress, Mentors may be troubled by unusually critical thoughts about themselves and others.

Mentors readily see the best traits in others, but may have trouble recognising personality faults.

## MENTOR CAREERS

Mentors are often drawn to jobs where they can help people develop their potential.



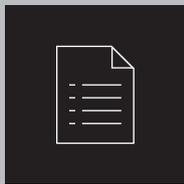
MENTORS HAVE CHANGED JOBS LEAST SINCE LEAVING FULL-TIME EDUCATION, ACCORDING TO A UK SURVEY



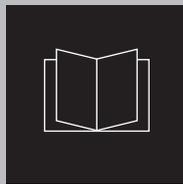
## YOUR PERSONALITY TYPE:

# NURTURERS

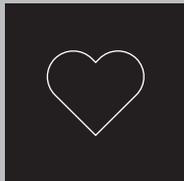
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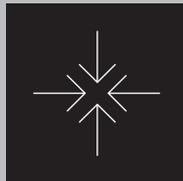
**Planner**



**Facts**



**Heart**



**Introvert**

### SUMMARY OF NURTURERS

- Care for the important people in their lives
- Strive for harmony and avoid confrontation
- Think of themselves as gentle, conscientious and mature
- May have trouble making decisions that could hurt others

### MORE ABOUT NURTURERS

Nurturers are quiet people who believe in order and diligently look after the people they care about. They focus on the needs of others and establish routines to help them meet their commitments.

Nurturers remember details that are important to them, such as their friends' birthdays and anniversaries. People with this personality type value others' feelings and may challenge behaviour they think is insensitive.

In situations where they can't use their talents or are unappreciated, Nurturers may feel bitter and seek support by complaining to their colleagues. Under extreme stress, Nurturers may become preoccupied with the worst possible outcome and believe that they are heading for disaster.

Because they are so caring and loyal, Nurturers run the risk of being taken advantage of.

### NURTURER CAREERS

Nurturers are often drawn to jobs that allow them to help others.



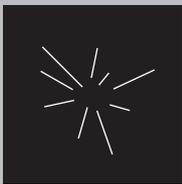
NURTURERS ARE THE MOST LIKELY GROUP TO SAY THEY PREFER A JOB WHERE THE SAME THING HAPPENS EVERY DAY, ACCORDING TO A UK SURVEY



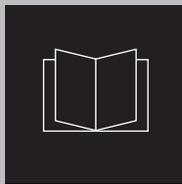
## YOUR PERSONALITY TYPE:

# PEACEMAKERS

The four aspects that make up this personality type are:



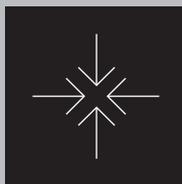
**Spontaneous**



**Facts**



**Heart**



**Introvert**

### SUMMARY OF PEACEMAKERS

- Value personal freedom
- Particularly sensitive to the feelings of others
- Think of themselves as steady, gentle and sympathetic
- Others may mistake their quiet nature for weakness

### MORE ABOUT PEACEMAKERS

Peacemakers focus on the present and enjoy helping others in practical ways. They are sensitive to the world around them and take quiet joy from people and nature, particularly animals. Peacemakers value close relationships, but it may take time for others to get to know them.

Peacemakers live by a set of personal values, which they work hard to reflect in their everyday life. They would rather support an activity than organise it. When they do find themselves in leadership positions, they observe quietly and lead by example.

In situations where they can't use their talents or are unappreciated, Peacemakers may withdraw and become self-critical. Under extreme stress, Peacemakers may become even more critical of themselves and others and make harsh judgments about minor issues.

Peacemakers tend to show someone how much they care about them by helping them in a practical way rather than putting their feelings into words.

### PEACEMAKER CAREERS

Peacemakers are often drawn to jobs that allow them to serve others and require close attention to detail.

“

PEACEMAKERS ARE THE MOST LIKELY GROUP TO SAY THEY DISLIKE READING HISTORY BOOKS, ACCORDING TO A UK SURVEY

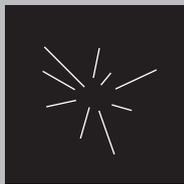
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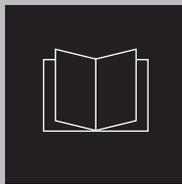
## YOUR PERSONALITY TYPE:

# PERFORMERS

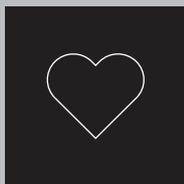
The four aspects that make up this personality type are:



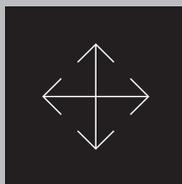
**Spontaneous**



**Facts**



**Heart**



**Extrovert**

### SUMMARY OF PERFORMERS

- Love fun, people and the world around them
- Prefer hands-on learning to reading a book
- Think of themselves as enthusiastic, sociable or sensitive
- May forget about commitments because they're having so much fun

### MORE ABOUT PERFORMERS

For the Performers, people and the exciting world around them come before rules and routines. This group believes you can get work done efficiently and have fun at the same time. Others are naturally drawn to the Performers' outgoing nature and enjoyment of life.

Performers are good at reading people and figuring out what their needs are. They don't believe in making plans and are confident that they can handle whatever comes their way. These skills allow Performers to quickly motivate others.

In situations where they can't use their talents or are unappreciated, Performers may become distracted, fail to accept or meet deadlines, or take criticism too personally. Under extreme stress, Performers can be overwhelmed by thinking of all the things that could possibly go wrong.

Performers may live for the moment and forget the consequences of their actions.

### PERFORMER CAREERS

Performers are drawn to careers that require people skills and attention to detail.

“

PERFORMERS ARE MOST LIKELY TO SAY THEY DISLIKE READING TRAVEL BOOKS, ACCORDING TO A UK SURVEY

”



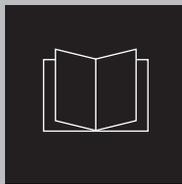
## YOUR PERSONALITY TYPE:

# PROVIDERS

The four aspects that make up this personality type are:



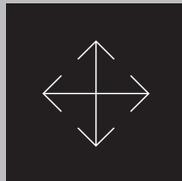
**Planner**



**Facts**



**Heart**



**Extrovert**

### SUMMARY OF PROVIDERS

- Warm, caring people who value order and tradition
- Loyal workers who follow through on commitments
- Think of themselves as sympathetic, easy-going and steady
- They don't feel comfortable with radical change

### MORE ABOUT PROVIDERS

Providers like to make plans with other people and then to work with them towards achievable goals in a fun, harmonious environment. They support people who are important to them and respect their individuality.

Providers have traditional values and support order and responsible behaviour. They enjoy social events, particularly family celebrations, and often help plan them. Providers work hard to avoid conflict, but they will state their beliefs when they think it is suitable.

In situations where they can't use their talents or are unappreciated, Providers may doubt their abilities and focus solely on the needs of other people. Under extreme stress, Providers may withdraw completely and become excessively critical of themselves and others.

Providers prefer warm, face-to-face communication and often express their ideas by telling stories from their own lives.

### PROVIDER CAREERS

Providers are often drawn to jobs in education, health care or religion.



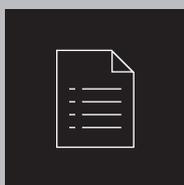
PROVIDER IS THE MOST COMMON PERSONALITY TYPE FOR WOMEN IN THE UK, ACCORDING TO A NATIONWIDE SURVEY



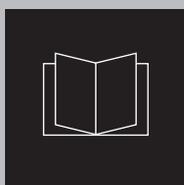
## YOUR PERSONALITY TYPE:

# REALISTS

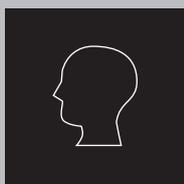
The four aspects that make up this personality type are:



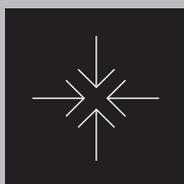
**Planner**



**Facts**



**Head**



**Introvert**

### SUMMARY OF REALISTS

- Loyal and steady workers who meet deadlines
- Believe in established rules and respect facts
- Think of themselves as mature, stable and conscientious
- May appear too logical or tough-minded and forget their impact on other people

### MORE ABOUT REALISTS

Realists are loyal to the people around them and work hard to keep their promises. They are honest and straightforward with others and expect the same in return. Realists believe in standard procedures and will only support change when there is a demonstrable benefit.

Realists respect factual information, which they store up to use when making decisions. This group likes to have time to think quietly and carefully before taking action.

These extremely productive people like to be occupied in their leisure time with pursuits such as craftwork, hiking or reading.

In situations where they can't use their talents or are unappreciated, Realists may become obsessed with schedules, be critical of others or have trouble trusting other people to get the job done properly. Under extreme stress, Realists may complain loudly that events have taken a turn for the worse and predict negative outcomes.

Realists typically only share their opinions or personal experiences with trusted friends.

### REALIST CAREERS

Realists are attracted to jobs where decision-making based on factual knowledge and experience is required.



REALISTS ARE THE MOST COMMON PERSONALITY TYPE IN THE UK, ACCORDING TO A NATIONWIDE SURVEY



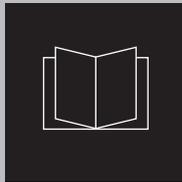
## YOUR PERSONALITY TYPE:

# RESOLVERS

The four aspects that make up this personality type are:



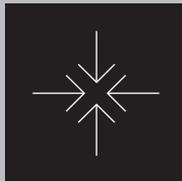
**Spontaneous**



**Facts**



**Head**



**Introvert**

### SUMMARY OF RESOLVERS

- Good at getting to the heart of a problem and quickly finding a solution
- Make rational decisions using the facts available
- Think of themselves as understanding, stable and easy-going
- May focus on short-term results and lose sight of the big picture

### MORE ABOUT RESOLVERS

Resolvers are independent people who quietly learn how things work by analysing large amounts of information. Should a problem arise, they solve it with as little fuss as possible. Resolvers are only interested in abstract ideas, if they can be used to solve a problem quickly.

Resolvers like to take risks: many of them seek jobs and pastimes that put them in harm's way and guarantee an adrenaline rush.

Resolvers are often tolerant of behaviour different from their own as long as their values aren't compromised. They sometimes give the impression that they agree with other peoples' viewpoints because they don't actively disagree.

In situations where they can't use their talents or are unappreciated, Resolvers may become cynical, negatively critical or put off decisions. Under extreme stress, Resolvers could be prone to inappropriate, tearful outbursts.

Resolvers are quiet and sometimes it is difficult to get to know them; however, they often talk freely about subjects they understand well.

### RESOLVER CAREERS

Resolvers are often drawn to hands-on jobs that require an analytical mind and careful organisation of large amounts of data.



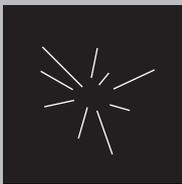
RESOLVERS HAVE CHANGED JOBS MOST FREQUENTLY SINCE LEAVING FULL-TIME EDUCATION, ACCORDING TO A UK SURVEY



## YOUR PERSONALITY TYPE:

# STRATEGISTS

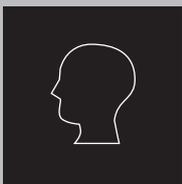
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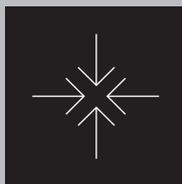
**Spontaneous**



**Ideas**



**Head**



**Introvert**

### SUMMARY OF STRATEGISTS

- Quiet, easy-going and intellectually curious
- Use logical, objective thinking to find original solutions to problems
- Think of themselves as bright, logical and individualistic
- May forget practical issues, such as paying bills or doing the shopping

### MORE ABOUT STRATEGISTS

Strategists are quiet people who like to get to the heart of tough problems on their own and come up with innovative solutions. They analyse situations with a sceptical eye and develop ways of measuring everything, including themselves.

Strategists are generally easy-going. They are intellectually curious and enjoy abstract ideas. Sometimes they like thinking of a solution to a problem more than taking practical steps to solve it.

In situations where they can't use their talents, are unappreciated or not taken seriously, Strategists may become negatively critical or sarcastic. Under extreme stress, Strategists could be prone to inappropriate, tearful or angry outbursts.

Strategists may be insensitive to the emotional needs of others or how their behaviour impacts the people around them.

### STRATEGIST CAREERS

Strategists are often drawn to technical or scientific careers, where specialist knowledge is required. They also seem to enjoy jobs that involve long-term planning, abstract thinking or design.

“

STRATEGISTS ARE THE GROUP MOST LIKELY TO SAY THEY ARE UNHAPPY IN THEIR JOB, ACCORDING TO A UK SURVEY

”



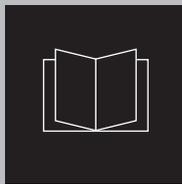
## YOUR PERSONALITY TYPE:

# SUPERVISORS

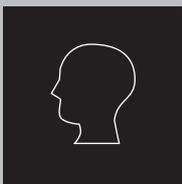
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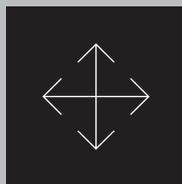
**Planner**



**Facts**



**Head**



**Extrovert**

### SUMMARY OF SUPERVISORS

- Bring order to their home and work life
- Like to act on clear, achievable goals
- Think of themselves as stable, practical and sociable
- May be irritated when people don't follow procedures

### MORE ABOUT SUPERVISORS

Supervisors like to make plans, organise people and get things done efficiently. They are natural administrators who dislike chaos and strive to bring order to every aspect of their lives. Supervisors like jobs where the goals are clearly defined and there are proven work methods in place.

Supervisors use logic to solve problems and believe in being open and direct in their communications with others. They prefer to work and socialise with like-minded people.

In situations where they can't use their talents or are unappreciated, Supervisors may reject the opinions of others and insist they are right. Under extreme stress, Supervisors may feel cut off from the people around them and lose confidence in their own ability to cope.

Because supervisors like to take charge and organise activities, others may find them too bossy.

### SUPERVISOR CAREERS

Supervisors are often drawn to jobs in management or administration that require logical planning.

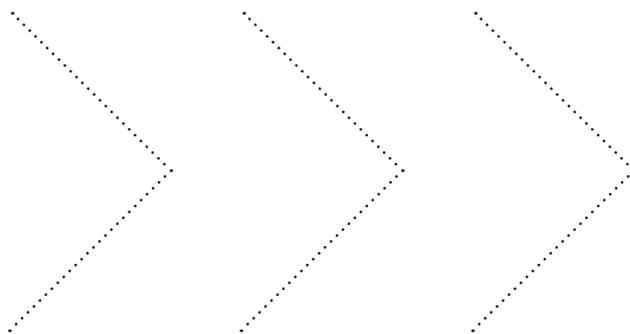
“

SUPERVISORS ARE MOST LIKELY TO SAY THEY PREFER A JOB WHICH INVOLVES A SERIES OF SEPARATE PROJECTS, ACCORDING TO A UK SURVEY

”



# MOVING FORWARD



**PLEASE SPEND SOME TIME THINKING ABOUT THE LAST FEW WEEKS AND COME NEXT WEEK PREPARED TO SHARE YOUR THOUGHTS ON THE FOLLOWING QUESTIONS:**

**WHY DID YOU DECIDE TO COME TO THE W COURSE?**



**WHAT DID YOU EXPECT TO GAIN FROM THE SESSIONS?**



**WHAT DID YOU ENJOY MOST ABOUT THE SESSIONS?**



**HAVE YOU SET ANY GOALS?**



**IS THERE ANYTHING YOU WOULD LIKE TO BE DOING DIFFERENTLY IN SIX MONTHS' TIME?**



# THE W COURSE | 1

## FEEDBACK



### 1. WHICH OF THE SESSIONS DID YOU ATTEND?

- 1. INTRODUCTION - FINDING FRIENDSHIP
- 2. STRESS AND ANXIETY
- 3. EXPLORING EMOTIONS
- 4. CREATING CONFIDENCE
- 5. HOPE AND DREAMS
- 6. MOVING FORWARD

- YES  NO

### 2. WHICH SESSION/PART OF SESSION DID YOU FIND MOST HELPFUL AND WHY?

### 3. WHICH SESSION/PART OF SESSION DID YOU FIND LEAST HELPFUL AND WHY?

### 4. WHAT IMPROVEMENTS COULD BE MADE ON THE SESSIONS?



# THE W COURSE | 1

## FEEDBACK CONT.



### 5. PLEASE RATE THE CRAFT SESSIONS

	EXCELLENT	GOOD	AVERAGE	POOR	REALLY BAD
<b>1. CHOCOLATE TRUFFLES/ 'NO BAKE' DESSERT</b>					
<b>2. HAND MESSAGES AND NAIL DESIGNS</b>					
<b>3. DECORATING NOTEBOOKS AND MAKING CARDS</b>					
<b>4. MIRROR DECORATING/ BOOK OF ENCOURAGEMENT</b>					
<b>5. DRAWING CLASS</b>					
<b>6. 'SHINE YOUR LIGHT' POEM AND GLASS PAINTING</b>					

**6. (IF APPLICABLE) TELL US WHAT YOU THOUGHT OF THE CHILDCARE. DID YOU FIND IT HELPFUL TO HAVE THE CHILDREN IN THE SAME ROOM OR WOULD YOU HAVE LIKED THEM TO BE SEPARATE?**

**7. PLEASE STATE UP TO THREE THINGS YOU WOULD LIKE TO DO OR THINK DIFFERENTLY ABOUT AS A RESULT OF THE W COURSE:**



# THE W COURSE | 1

## FEEDBACK CONT.



### 8. WOULD YOU LIKE TO MAKE ANY FURTHER COMMENTS?

[Dotted-line text box for comments]

### 9. IF THERE IS ENOUGH INTEREST IT IS POSSIBLE THAT WE CAN RUN SOME MORE SMALL-GROUP SESSIONS IN THE FUTURE. PLEASE STATE IF YOU WOULD BE INTERESTED IN ANY OF THE FOLLOWING:

PARENTING

YES  NO

BACK-TO-WORK TRAINING

YES  NO

GROWING WITH GOD

YES  NO

BUDGETING AND FINANCE MANAGEMENT

YES  NO

OTHER (PLEASE STATE):

[Dotted-line text box for other interests]





# SHINE YOUR LIGHT

**BY KRIS VAASSEN**

(Used with permission)

Shine your light.  
Let it radiate so others  
see it and light up too.  
It's catching,  
like a rain of sunlight  
on a dreary day.  
Shine your light,  
don't hide it.

When you feel positive  
show your energy to others.  
In time of need  
their pain and distress  
will become much less  
because you took the time  
to share your light with them.  
Shine your light brightly.

Don't ever be ashamed of who you are  
or what you stand for in life.  
Let it show for the world to see.  
You will affect the lives of others  
in ways that you don't even realise.  
By showing others who you are  
and showing your true colours  
You are letting your light shine  
to cheer someone up.

Don't ever let your light become  
dim, even in rough times.  
Shine on for all to see.  
Show strength and commitment,  
sincerity and love.  
It only takes a spark  
and soon they will share your light.  
Shine your light brightly for all to see.  
Be proud of who you are.



# THE W COURSE | 1

## LEADER'S FEEDBACK



**1. CONSIDERING THE W COURSE 1 MATERIAL, WHAT WAS MOST HELPFUL FOR YOU AS THE LEADER?**

[Empty dotted-line box for answer to question 1]

**2. WHAT COULD HAVE BEEN BETTER?**

[Empty dotted-line box for answer to question 2]

**3. IN YOUR OPINION, WHAT IMPACT DID THE CRAFT ACTIVITIES HAVE ON THE ATTENDEES?**

[Empty dotted-line box for answer to question 3]



# THE W COURSE | 1

## LEADER'S FEEDBACK CONT.



### 4. PLEASE RATE THE CRAFT SESSIONS:

	EXCELLENT	GOOD	AVERAGE	POOR	REALLY BAD
<b>1. CHOCOLATE TRUFFLES/ 'NO BAKE' DESSERT</b>					
<b>2. HAND MESSAGES AND NAIL DESIGNS</b>					
<b>3. DECORATING NOTEBOOKS AND MAKING CARDS</b>					
<b>4. MIRROR DECORATING/ BOOK OF ENCOURAGEMENT</b>					
<b>5. DRAWING CLASS</b>					
<b>6. 'SHINE YOUR LIGHT' POEM AND GLASS PAINTING</b>					

### ANY FURTHER COMMENTS ON THE CRAFTS:

**5. WILL YOU RUN THE W COURSE(S) AGAIN? (PLEASE TICK)**     YES     NO

**IF YES, WHAT CHANGES WOULD YOU MAKE TO YOUR PREPARATION AND DELIVERY? IF NO, WHY NOT?**



# THE W COURSE | 1

## LEADER'S FEEDBACK CONT.



**6. DID YOU TAKE THE OPPORTUNITY TO CUSTOMISE AND ADAPT SESSION MATERIAL? (PLEASE TICK)**

YES  NO

**IF YES, HOW HELPFUL WAS IT FOR YOU?**

[Empty dotted box for response]

**7. GOING FORWARD, HOW ARE YOU PLANNING TO MAINTAIN/BUILD ON RELATIONSHIPS WITH THE GROUP? WHO WILL YOU BE ACCOUNTABLE TO?**

[Empty dotted box for response]

**8. ANY OTHER OBSERVATIONS/COMMENTS?**

[Empty dotted box for response]



# THE W COURSE | 1

## GROUP FEEDBACK



FOR THE NEXT SECTION, PLEASE REFER TO THE POST-IT NOTES RESPONSES FROM THE FEEDBACK GIVEN BY THE GROUP AT END OF EACH SESSION

### SESSION 1: FINDING FRIENDSHIP

#### FEEDBACK FROM THE GROUP - WHAT WAS HELPFUL AND WHY?

[Empty dotted-line box for feedback]

#### FEEDBACK FROM THE GROUP - WHAT COULD WE DO BETTER?

[Empty dotted-line box for feedback]

#### FEEDBACK FROM THE GROUP - THOUGHTS ON CRAFT?

[Empty dotted-line box for feedback]

#### LEADER'S COMMENTS ON SESSION 1:

[Empty dotted-line box for leader's comments]



# THE W COURSE | 1

## GROUP FEEDBACK

### CONT.



SESSION 2: STRESS AND ANXIETY

**FEEDBACK FROM THE GROUP - WHAT WAS HELPFUL AND WHY?**

[Empty dotted-line box for feedback]

**FEEDBACK FROM THE GROUP - WHAT COULD WE DO BETTER?**

[Empty dotted-line box for feedback]

**FEEDBACK FROM THE GROUP - THOUGHTS ON CRAFT?**

[Empty dotted-line box for feedback]

**LEADER'S COMMENTS ON SESSION 2:**

[Empty dotted-line box for leader's comments]



# THE W COURSE | 1

## GROUP FEEDBACK

### CONT.



SESSION 3: EXPLORING EMOTIONS

#### FEEDBACK FROM THE GROUP - WHAT WAS HELPFUL AND WHY?

[Empty dotted-line box for feedback]

#### FEEDBACK FROM THE GROUP - WHAT COULD WE DO BETTER?

[Empty dotted-line box for feedback]

#### FEEDBACK FROM THE GROUP - THOUGHTS ON CRAFT?

[Empty dotted-line box for feedback]

#### LEADER'S COMMENTS ON SESSION 3:

[Empty dotted-line box for leader's comments]



# THE W COURSE | 1

## GROUP FEEDBACK

### CONT.



SESSION 4: CREATING CONFIDENCE

**FEEDBACK FROM THE GROUP - WHAT WAS HELPFUL AND WHY?**

[Empty dotted-line box for feedback]

**FEEDBACK FROM THE GROUP - WHAT COULD WE DO BETTER?**

[Empty dotted-line box for feedback]

**FEEDBACK FROM THE GROUP - THOUGHTS ON CRAFT?**

[Empty dotted-line box for feedback]

**LEADER'S COMMENTS ON SESSION 4:**

[Empty dotted-line box for leader's comments]



# THE W COURSE | 1

## GROUP FEEDBACK

### CONT.



SESSION 5: HOPES AND DREAMS

**FEEDBACK FROM THE GROUP - WHAT WAS HELPFUL AND WHY?**

[Empty dotted-line box for feedback]

**FEEDBACK FROM THE GROUP - WHAT COULD WE DO BETTER?**

[Empty dotted-line box for feedback]

**FEEDBACK FROM THE GROUP - THOUGHTS ON CRAFT?**

[Empty dotted-line box for feedback]

**LEADER'S COMMENTS ON SESSION 5:**

[Empty dotted-line box for leader's comments]



# THE W COURSE | 1

## GROUP FEEDBACK CONT.



SESSION 6: MOVING FORWARD

**FEEDBACK FROM THE GROUP - WHAT WAS HELPFUL AND WHY?**

[Dotted-line text box for feedback]

**FEEDBACK FROM THE GROUP - WHAT COULD WE DO BETTER?**

[Dotted-line text box for feedback]

**FEEDBACK FROM THE GROUP - THOUGHTS ON CRAFT?**

[Dotted-line text box for feedback]

**LEADER'S COMMENTS ON SESSION 6:**

[Dotted-line text box for leader's comments]



**MANY THANKS FOR FILLING THIS IN. YOUR FEEDBACK IS IMPORTANT TO US!**

