



Manifestive CIC Development Programme Overview:

This development programme is designed for a group of up to 8-12 young people, with the majority being neurodiverse and facing challenges related to isolation and loneliness, to be delivered in March 2025. The two-session programme aims to foster personal growth, increase social connection, and enhance life skills, focusing on key areas such as building confidence, resilience, communication skills, and employability. Through a combination of activities, workshops, and interactive exercises, participants will have the opportunity to discover their strengths, and develop their potential while forming stronger social connections with others. All travel costs to each session are to be covered as part of the programme.

Sessions Breakdown

1. Session 1: Building Confidence and Resilience (approx. 3.5hrs)

This session will focus on cultivating self-belief and resilience in the face of challenges, while incorporating insights from neuroscience to enhance understanding and practical application. Using the Chimp Model, participants will explore how the mind works, specifically how our emotional and rational brains interact. By understanding the roles of the 'Chimp' (emotional mind) and the 'Human' (rational mind), participants will gain insight into how thoughts and emotions influence behaviour and decision-making. This will empower them to recognise when their emotional responses (such as anxiety or self-doubt) are being triggered and how to manage these emotions constructively.

Through this neuroscience-based approach, participants will explore the concepts of confidence and anxiety, learning how to identify the underlying processes in their minds that shape these experiences. They will be introduced to techniques such as mindfulness, cognitive reframing, and self-talk to regulate their emotional responses, ensuring that their minds work for them in a positive and empowering way.

Utilising a venue that is modern and aesthetically creative, this development will take the young people away from the traditional learning atmosphere, encouraging a more adult and creative environment. Additionally, to reinforce these new insights, participants will engage in a creative activity where they will create their own "Stone of Life" using arts and creative processes. This tactile exercise will serve as a grounding tool, allowing each individual to reflect on and represent their values, truths, and beliefs. By creating their own personal stone of life, participants will have a tangible reminder of what grounds them, helping to build emotional resilience and foster a stronger sense of identity. This stone will also act as a symbol of self-empowerment, offering a visual representation of their inner strength and capabilities, which they can turn to in times of stress or uncertainty.

Through this combination of neuroscience, practical tools, and creative expression, participants will develop a stronger sense of self-belief, learn how to manage anxiety, and gain a deeper understanding of their own emotional processes. They will leave the session with the confidence and resilience to face challenges, both individually and within the group, knowing that they have the mental tools to navigate life's ups and downs.

Session 2: Communication Skills, Connection & Employability (approx. 3.5hrs)

Effective communication is key to building relationships, expanding social networks, and fostering successful interactions both personally and professionally. In this session, participants will work on improving both verbal and non-verbal communication skills through interactive exercises, group discussions, and role-playing. These activities will help them develop the ability to express themselves confidently, connect with others in meaningful ways, and enhance their ability to understand and respond to the communication styles of those around them. Again, we will use a very modern and creative space that has no representation of traditional stale learning environments.

A key component of this session will be the TTI Insights DISC reports, which will help participants gain a deeper understanding of their unique communication preferences. The DISC model will allow them to identify their dominant communication style—whether it's Dominance (D), Influence (I), Steadiness (S), or Conscientiousness (C)—and how this influences their interactions with others. Participants will also explore how these styles may manifest under pressure or in stressful situations, and how they can recognise when their natural communication style may not be as effective. By understanding their own preferences, they will learn how to adapt their approach to communicate more effectively with people who have different styles.

In addition to understanding their own communication preferences, participants will also gain insight into how others need to communicate with them for them to perform at their best. This knowledge will be valuable not only for improving interpersonal relationships but also for future employability. DISC reports offer employers a clear insight into a candidate's preferred working style, communication methods, and areas where they may require additional support. By sharing these insights with potential employers before interviews, participants can help create an environment where they can perform at their optimum, ensuring they are set up for success in the workplace.

The session will also place significant emphasis on the importance of listening and empathy in effective communication. Participants will engage in activities that hone their listening skills and practice responding with empathy, helping them form stronger, more supportive connections with others. By the end of this session, participants will feel more confident in their ability to communicate effectively, understand and adapt to different communication styles, and apply these skills both in personal and professional settings.

Throughout the programme, there will be a strong emphasis on creating a supportive and inclusive environment where each participant's individuality is respected. By the end of the two sessions, the young people will have developed a deeper sense of connection with others, and gained greater self-awareness and confidence. They will also leave with practical skills to support their future employability and personal development. All attendees will receive their own DISC report to support them moving forward. I will create a social impact report reflecting the qualitative and quantitative data to evidence the growth of the young people who attended. This will also include testimonials and feedback of the attendees.

Many Thanks,

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