Programme Overview

1: Staying connected

'Effective communication with others during the COVID 19 crisis'

2: Staying motivated

'Planning your future by owning the present'

3: Thinking differently

'Creative learning within a crisis'

4: Strength in teams

'Overcoming isolation to work as a team'

5: Raising resilience

'Staying strong and recovering from the COVID-19 crisis'

6: Building confidence

'Celebrating your strengths, through recognising your achievements

7: Respecting communities

'Promote positive behaviour in the community'

8: Supporting others

'Standing together through times of crisis'

9: Understanding Others

'Being aware of the needs of those around you during the crisis'

10: Positive actions

'Making your pledge to impact the future'

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