



*One to One Project*

Counselling • Mentoring • Group Work

Registered charity no. 299052

# Self Confidence Group Report

FACILITATORS: TRISH BENSON AND CAROL CROCKETT

## **Introduction**

The final One to One Project Self Confidence Course for 2016 was held in the seaside town of Hunstanton. The group ran for six weeks from 4<sup>th</sup> November – 9<sup>th</sup> December.

The Self-confidence/Self-esteem course was open to both male and females over the age of 18 years living within the West Norfolk area. The group assembled for 2 hours each Friday morning from 10.00am to 12.00noon. Referrals were received from Community Mental Health Teams, G.P. practices, Wellbeing Service, MIND together with clients who had received a counselling or mentoring service within the One to One Project. The course was also offered to those clients who were waiting to receive a service from the Project, thus providing support while waiting for allocation.

## **The Facilitators**

Carol Crockett, who is an experienced accredited person-centred counsellor and member of the MBACP, has been a volunteer counsellor with the One to One Project for several years and group facilitator for over 4 years.

Trish Benson is an experienced integrative counsellor and experienced group facilitator. Trish is a proficiency registered member of the MBACP and like Carol has been a volunteer counsellor for the One to One Project for many years.

## **Aims of the Group**

The aim of the group was to create a safe environment where group members could learn and gain new valuable skills to develop their self-confidence and self-esteem and to explore their thoughts, feelings and experiences. The group members supported each other to build a safe and respectful place. Various exercises, skills and techniques were offered to help group members express themselves more assertively and gain new insight into their life experiences and promote choices.

## **Purpose of the Group**

- Help individuals to feel better about themselves
- Validate each other's experiences
- Help identify, understand and express feelings
- Build self-confidence and self-esteem
- Help to build a personal support system
- Help individuals learn how to have fun
- Provide opportunities to help each other
- Create a safe place to talk about feelings
- Help identify what is needed for yourself
- Strengthen coping skills

## **Topics covered**

- Introduction – what the group is about
- Human rights/my needs
- Critical voice
- Assertiveness
- How to say 'no'
- How we relate to others and how they relate to us
- Compliments/criticisms
- Endings

## **Attendance**

Five people confirmed they wished to attend the group – the group began with 3 people attending the first week. Two members completed the course (1 female and 1 male), one member being unable to attend the first 2 weeks due to work commitments.

## **Running the group**

As the weeks progressed the group moved naturally towards a deeper experiential way of learning. There was a mix of both structured and unstructured learning.

The facilitators continually checked with the group that the topics covered were meeting the groups' needs as it felt important to tailor the course with the needs of the individual group. Handouts were given after each session covering the main topics, which could be collected and retained for future reference. Group members were pleased to have retainable information, which they could refer to when a difficult situation arose for them.

## **Group members comments upon completion of course**

Group members told us that attending the group had been an extremely positive experience finding the new skills explored very helpful. Group members also advised that they had started to practice some of the assertiveness skills in their day to day lives.