

# B - ALIVE

## LIVING POSITIVELY

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### Overview

To provide the learner with the knowledge and understanding of why people behave the way they do and how actions, beliefs and pre-programming influence who and what they are. The learner will be able to consistently improve their life and have a positive life changing influence on those they come into contact with this will include the ability to handle conflict and stress in there and others lives.

### Course content

- Altering life's outcomes
- Becoming all you are meant to be
- Handling conflict
- Handling stress

### Outcome of the workshop

Providing the learner with the ability and skills to alter life's outcomes to ensure that they reach their full potential and are able to handle and manage conflict and stress both individually and assist others.

### Target market

Champions of wellness

### Format

Interactive Workshop

### Duration

3 days

Paterson Grade	AECI Group Job Families					Duration	Entry requirement
	Support	Sales	Manufacturing	Engineering	Research		
E Level	x	x	x	x	X	3 days	NQF 3

### **IMPORTANT – COMPETENCY CERTIFICATION**

All training modules provided by Positively Alive are outcomes based and as such a certificate of competency is only achieved once the delegate has successfully implemented, complete and submitted a portfolio of evidence against the required outcomes of the unit standards.

**NO ATTENDANCE CERTIFICATES ARE ISSUED: - COPIES OF ATTENDANCE REGISTERS ARE HELD BY THE SERVICE PROVIDER AND ORIGINALS ARE SUBMITTED TO THE CLIENT.**

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# Training Module Contents:

## Chapter 1 – Altering Life’s Outcomes

### OBJECTIVES

Why people behave the way they do and how to developing a self-reliant mentality.

### OUTCOMES

- Realising how life patterns influence your life.
- How to develop a self-reliant mentality?
  - Assume responsibility
  - Be informed
  - Know where you’re going
  - Make your own decisions.

## Chapter 2 – Being all you are meant to be

### OBJECTIVES

To provide learners with the skills to consistently improve their lives and have a positive live changing influence on those they come into contact with.

### OUTCOMES

- Understanding the self-development
- Embracing the benefits of self-development, personal growth and the improvement of self
- Unleashing your true potential
- Tools for embracing and applying self-development.

## Chapter 3 – Handling Conflict

### OBJECTIVES

To provide learners with the ability, skills and techniques to handle conflict both in their personal lives and at work.

### OUTCOMES

- What is conflict – Definition
- What causes conflict
- Using conflict handling skills
- Understanding the various styles people engage when deal with conflict.

## Chapter 4 – Handling Stress

### OBJECTIVES

To provide learners with the ability, skills and techniques to handle stress both in their personal lives and at work.

### OUTCOMES

- What is stress – Definition

- What causes stress
- Using and applying stress management skills,
- Having an appreciation of how individuals experience stress.

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## **Costs and Additional Information Fees for 3 Day Training Modules: -**

(Based on a minimum of 6 delegates but limited to a maximum of 25 delegates).

Daily training facilitation rate @ R 8, 500.00/day, (Total for 3 Days R 25,500.00) plus an additional, R 50.00/delegate for the costs of printed manuals, evaluation and issuing of certification etc. Discounts can be negotiated if a business agreement is reached where client are able to commit to using Positively Alive as their preferred employee health, wellness and safety training service provider. Please make inquiries about discount rates for multiple training sessions

- The listed training facilitation rates are applicable where training modules indicated are provided at the clients/customers own training premises, venues and/or facilities.
- The fees quoted exclude the costs of all meals, refreshments and any other miscellaneous items provided by the clients to the delegates.
- Handouts, worksheets and any other training aids provided by Positively Alive are included in the daily facilitation rate charged unless specified. (Training manuals, issued to delegates, as specified above will be billed at cost to the client)
- The quoted fees excluded: travel, accommodation and meals for the training facilitator where training is required out of Gauteng Province. These costs will be negotiated directly with the client and all costs will be for the clients own account.

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**POSITIVELY ALIVE<sup>cc</sup>**  
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**CK2010/002085/23**



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