

# Parental Empowerment Programme

"Never above you, never below you, but always beside you - may the road rise to meet you."

## Why should I take part?

**The Parental Empowerment Programme is the key to unlocking the potential held within us.**

**Provides scope to develop our skills and qualities whilst enhancing our self-esteem and confidence.**

**Training and volunteering opportunities out-with the Parental Empowerment Programme will be available.**

**Opportunities will be provided for community led projects or ideas.**

## Our Values

**Integrity – Being reliable and trustworthy, remaining whole and true to our potential.**

**Perseverance – Enduring and remaining strong when faced with complication, tragedy and resistance.**

**Awareness – Knowing and understanding yourself, other people and your environment.**

**Focus – Recognising and concentrating on critical and essential information.**

**Creativity – Seeing and implementing solutions, ideas and initiatives.**

**Service – Sharing resources selflessly and effectively, using your strengths and experience to take meaningful action and contribute to the greater good.**

# Key Themes

## **Onboarding**

Our values  
Our hopes and  
dreams  
Pre-boarding  
All aboard  
Post boarding

## **Health and Wellbeing**

Mental wellbeing  
Growth mindset  
Healthy eating/cooking  
on a budget  
Relationships  
Relaxation  
Connecting with nature

## **Coaching**

Change and Loss  
Conversation Matters  
Problem Solving  
RespectMe  
SMART Goals  
Transition  
Community Connectors

## **Understanding Learning**

Training courses and  
volunteering