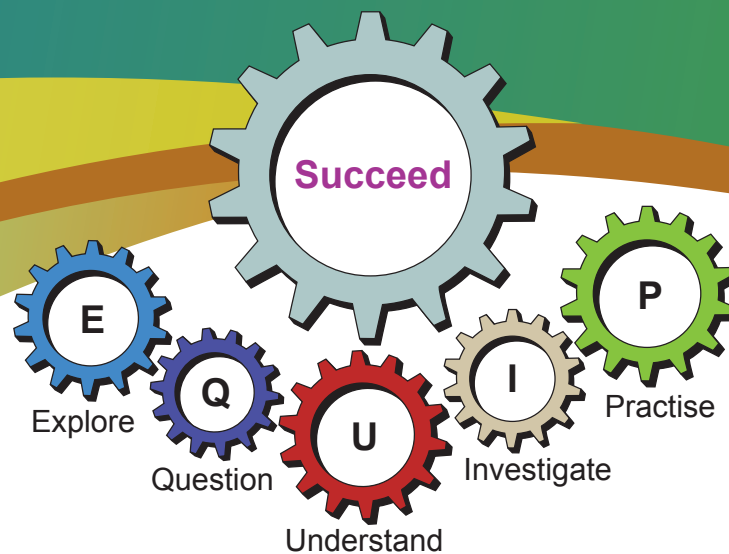


EQUIPS Foundation

tap



1

Explore - Why are we here?

Module 1 will explore the things that are most important in your life. It will help you identify the areas of your life that you need work through helping you to understand and question 'how you roll'.

It will introduce the concepts of choice and change, and accepting responsibility for your own actions. It will assist you to make better decisions and will work on skills that will help you to build a plan for your future that makes sense to you.

2

Question - What's it all about?

Module 2 focusses on feelings, actions and choices, beliefs and the outcomes of these.

It examines how thoughts and emotions influence both good and bad behaviours and how they influence the lifestyle choices we make.

The trick is to question our own thoughts and how to link them to the way we act and behave.

3

Understand - What's the focus?

Module 3 focusses on understanding how we make sense of our own world by understanding our emotions and how they are linked to our behaviour.

The key is knowing what your triggers are and how you react to them. It teaches new ways of thinking and helps to identify thoughts and emotions that can lead to unhelpful behaviours.

4

Investigate - Why did this happen to me?

Module 4 examines the most important areas of your lifestyle to see how the choices you make help you to avoid or lead to criminal behaviour. It will help you be real and honest about your expectations and values and help to identify how you could have acted and behaved differently at the time of the offence. It will also help you to identify how to act and behave differently in the future if you face the same issues. This module will also help you to understand the impact of your offending behaviour on those around you.

5

Practice and Plan - Where to from here?

Module 5 will help you to bring all of the skills learned in the program together to help you make better choices in future. You will explore your strengths as well as the red flags that let you know when you need help. It will also help you identify the things that are stopping you from reaching your goals and the people who can help you to achieve them. As part of the module you will develop a final self-management plan that will help you make better decisions and act differently in the future.