

# Lesson Plan: Lesson 1. An Introduction to the SEJ Process

## Lesson Introduction

This lesson provides a foundation to learning the SEJ process, encouraging students to look at all aspects and areas of their life. As well as gaining an understanding of why it is important to 'stay mentally healthy'.

In this lesson we will cover the following:

1. Introduce you to the Self Empowerment Journey – SEJ Process.
2. The SEJ as a Psychoeducational solution focused, evidence-based, therapeutic process, where you learn how to work with the mind.
3. An introduction as to why the SEJ will enable you to 'stay mentally healthy'.
4. Share data and evidence of the success of the SEJ.

This lesson provides an introduction and foundation to learning the SEJ.

## Learning Objectives:

Students will learn:

- The importance of 'staying mentally healthy'
- What the SEJ Process is
- The efficacy of the SEJ

## Learning Outcomes:

Students will be able to:

- See how the SEJ can be used as a tool to 'stay mentally healthy'
- See the power of their thoughts and emotions in realising their full potential in all areas of life
- Appreciate and gain confidence in the SEJ as a solution focused process of SELF Empowerment with instant results!

## Key Message for lesson 1

*'Staying Mentally Healthy with the SEJ'.*