

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'.

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

Learning Aims:

Students will learn:

- The importance of 'staying mentally healthy'.
- What the SEJ Process is .
- Personal 'blocks' in all areas of life.

Learning Objectives:

Students will be able to:

- See how the SEJ can be used as a tool to 'stay mentally healthy'.
- See and begin to explore how the SEJ can work for them in all areas of their life.
- Begin to gain an understanding of the power of their thoughts and emotions in realising their full potential in all areas of life.

Key Message for lesson 1

"You are NOT limited by people, events, or life. You are only ever limited by your thoughts about people, events, or life."