

Personal Development Workshops PRODUCT IN PROFILE

BGUN PERSONAL DEVELOPMENT WORKSHOPS

MENTAL HEALTH & RESILIENCE



BGUN PERSONAL DEVELOPMENT WORKSHOPS

TIME MANAGEMENT



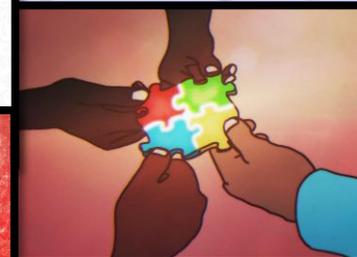
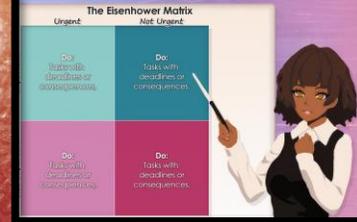
BGUN PERSONAL DEVELOPMENT WORKSHOPS

CONFIDENCE BUILDING



BGUN PERSONAL DEVELOPMENT WORKSHOPS

CONFLICT RESOLUTION



What the Personal Development Workshops are for

The main purpose of the personal development workshops is to deliver a series of very effective workshops for the creation of a community of resilient young Africans with essential life skills that equip them to be the very best version of themselves. The goal is to nurture a generation of young people that are proud to be African and to serve Africa's revival.



How we do so



We do so by offering a package of workshops that provide interactive activities, group discussions, opportunities for peer-to-peer learning, certificates for workshop attended, a super certificate for attending all courses. Post-workshop activities will be supported and monitored by BGUN, to assist participants with maintaining the skills acquired. The BGUN Personal Development Workshops to be developed include:

How we do so

I. Confidence building

II. Mental health and resilience

III. Personal growth

IV. Time management

V. Communication skills

VI. Conflict resolution

VII. Financial literacy

VIII. Digital skills

BGUN PERSONAL DEVELOPMENT WORKSHOPS

CONFIDENCE BUILDING

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Black Girls & Guys Uniting Nations of Africa

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ABOUT THE WORKSHOP

This Confidence Building Workshop session is designed to help Africa's youth find the source of any self-doubt that they have. It will help them:

1. Understand their purpose in a society where they do not feel judged or limited by their mistakes.
2. Understand who they are, including their strengths and weaknesses so that they don't lose self-motivation, and that they know themselves as the unique individuals that they are.

At the end of the workshop, you are expected as a young African, to understand the causes

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UNDERSTANDING THE DEFINITIONS

1. What is Confidence?

According to the publication, Psychology Today:
"Confidence is a belief in oneself, the conviction that one has the ability to meet life's challenges and to succeed—and the willingness to act accordingly. Being confident requires a realistic sense of one's capabilities and feeling secure in that knowledge."

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EXERCISES

BENEFITS OF CONFIDENCE BUILDING

GREATER MOTIVATION: When you are confident, you are more likely to take on challenges regardless of where they occur – at work, speaking up in meetings, pursuing your dreams, taking advantage of opportunities, overcoming setbacks and learning new things – a language, mastering a skill or a fitness goal.

MORE RESILIENCE: Self-confidence doesn't mean that we do not fail sometimes. It simply means that we can handle the challenges of life and not give up easily or feel crippled by setbacks. Even when things don't work out, a self-confident person doesn't beat themselves up but learns and moves on to the next step.



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EXERCISE 1: RELAXATION

Incorporating breathing and relaxation techniques into our daily routine can help us in the following ways:

- Positive brain changes: MRI scans reveal positive brain changes and improved cognitive functions in the brain, improving both mental and physical health.
- Improves the immune system: They decrease toxic chemical like cytokines, and improves immunity.
- Promotes healthy aging: Appropriate stress hormone helps with healthy aging.
- Increases Physical health: Benefits include diabetes, hypertension, fibromyalgia, the fibromyalgia, and improving cholesterol.
- Focus, and cultivate a sense of inner peace, practicing mindfulness and connecting thoughts and emotions, we can enhance well-being and clarity, improving choices.

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ABOUT THE WORKSHOP

The *Mental Health and Resilience* session is designed to help Africa's youths to:

1. Understand the importance of mental health,
2. Learn strategies to build resilience,
3. Explore ways to promote personal achievement of their goals.

At the end of the workshop, you will have increased self-awareness, a sense of awareness of and knowledge about mental health, and a supportive and communal environment.

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UNDERSTANDING THE DEFINITIONS

Definition of MENTAL HEALTH:
"Mental health is a state of well being in which the individual realises his or her abilities, can cope with normal stresses of life, can work productively and fruitfully, and can contribute to his or her community."
- The World Health Organization

The importance of mental health:

- The issue of mental health affects our emotional and physical health.
- Positive mental health improves our ability to be productive and enjoy life.
- Negative mental health can lead to lack of energy, thinking of harming oneself, self isolation, sleep difficulty, tendency to abuse drugs.

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How we do so

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- II. Mental health and resilience
- III. Personal growth**
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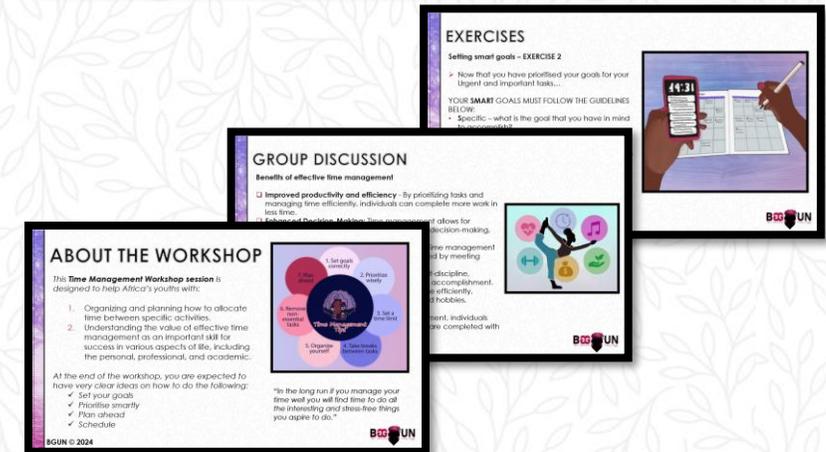
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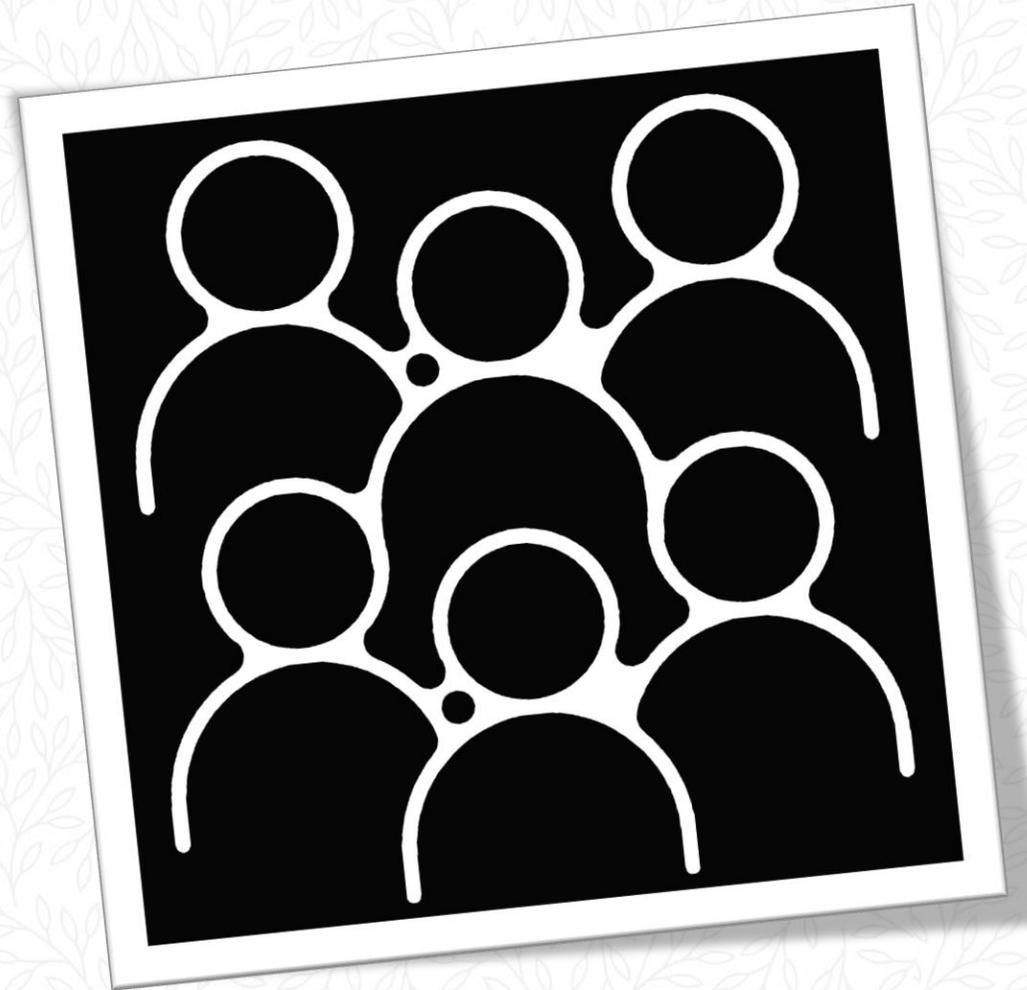
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Who we are and where we're at

The PDW Team is made up of a six young Africans in our twenties, studying or with careers in farming, civil service, telecommunications, economics, chemical and mechanical engineering. We've already developed sample workshops to respond to the needs of young people of our generation.



Who we are and where we're at

The budget provides for

- Training of the trainers
- Personnel
- Promotion and marketing
- Venue
- Stage setting
- Accommodation
- Materials
- Refreshments
- Meals
- Entertainment

What's in it for all of us?

US: Our team gets to be actively involved in shaping our future, for ourselves, by ourselves with your support.

THE BENEFICIARIES: Every group of young people that participates in these workshops will pledge to use the skills that they have developed to raise the funds for the next group of young people to benefit from the same experience.

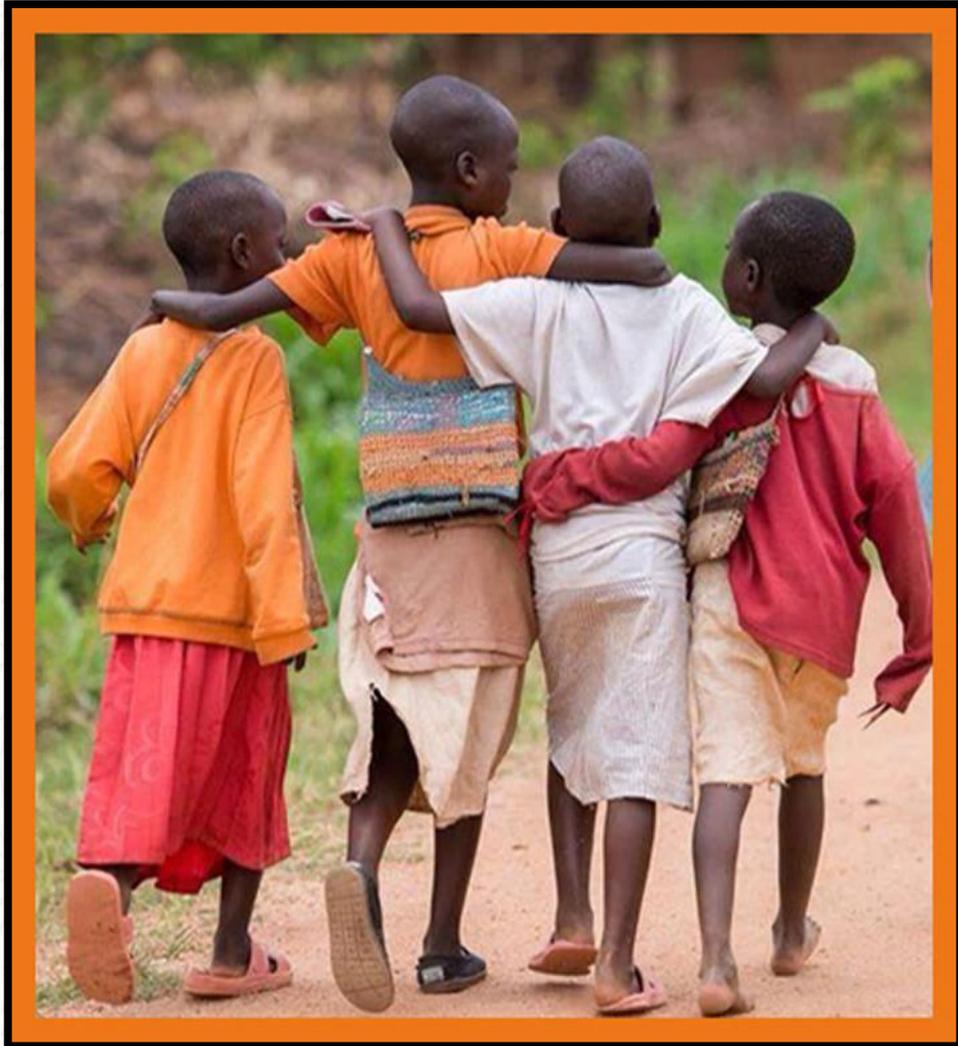


What's in it for all of us?

YOU: You know that you have provided each province with the seed funds that they can now use to ensure that the workshops become self-sustaining, with each young beneficiary inspiring another beneficiary to decolonise their minds, heal their hearts, take action in their interests and serve Africa's revival.



What's in it for all of us?



What next:

Support our team by contributing what you can to our delivery using the BGUN Funding App. Once we reach our target, we will share monthly reports, written and audio-visual to update you on our progress.