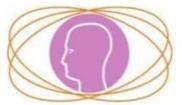


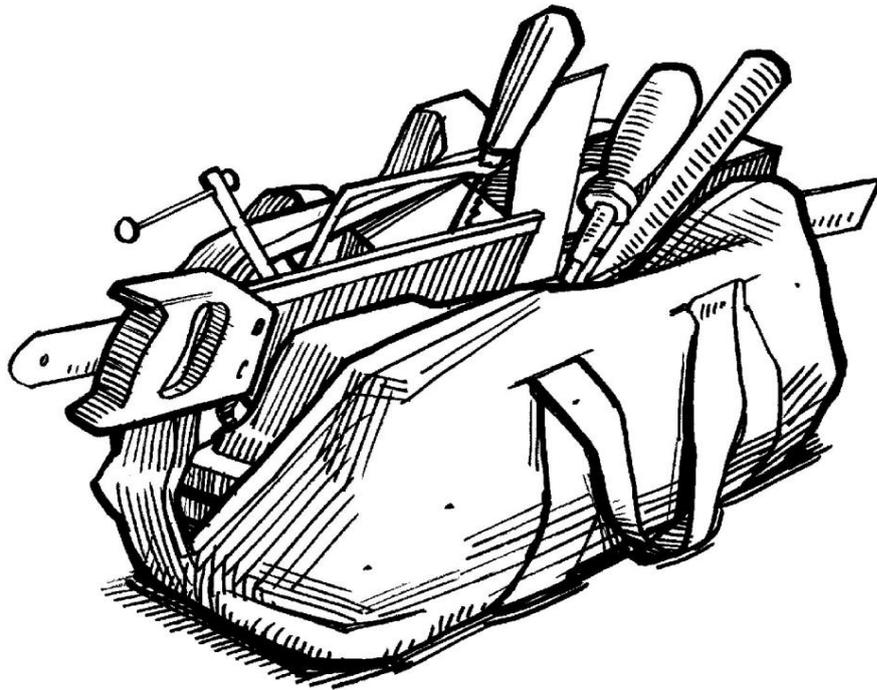
Individual Development Education Abilities Skills



Intuitive Thinking Skills™

From dependence to independence

Bespoke *i*-DEAS® sessions



Intuitive Thinking Skills®

“The specialists in attitude change”



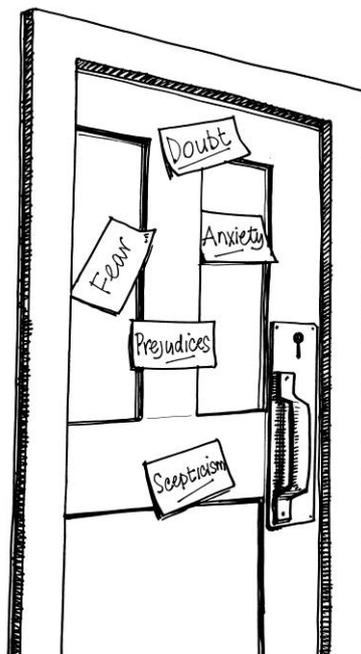
***i*-DEAS™ Overview**
Issue 1 November 2016

Our strengths

- We are a peer led organisation.
- We are experts by experience.
- We challenge people to shake off negative labels and ideas of helplessness.
- We proactively recruit from our own learner base.
- Our work is educational and easy to understand.
- We promote independence and resilience.
- We support partner organisations and commissioning bodies in achieving their stated aims.
- We believe people can and do change for the better, for life.
- We believe people who have overcome their own personal problems have an invaluable knowledge and skills base.
- We maintain quality through accreditation and strong leadership.
- We have a well established evidence base.
- We have experience of delivery in private, voluntary, statutory, adult, young peoples, back to work, drugs and alcohol and criminal justice sectors.

Who we are?

Intuitive Thinking Skills is a national, **PEER LED** organisation that delivers simple, practical and empowering self help education right at the heart substance treatment, Back to Work, E.T.E, Criminal Justice, Housing and Prison partnerships across England and Wales. Our ethos and programmes have evolved and developed from the **LIFE EXPERIENCES** of people who have overcome significant substance, health and or social problems and more importantly how they **ACQUIRED, TRANSFERRED** and **APPLY PRACTICAL SKILLS** to achieve enduring **CHANGE**. We are commissioned to work alongside existing providers to skills individuals to utilise existing services better. Through partnership working and the contribution we make to successful and sustained outcomes we have gained a strong voice across England and Wales. Our message is simple **“WE’VE BEEN THERE AND GOT THE T-SHIRT”** - indeed we truly understand change.



Our values

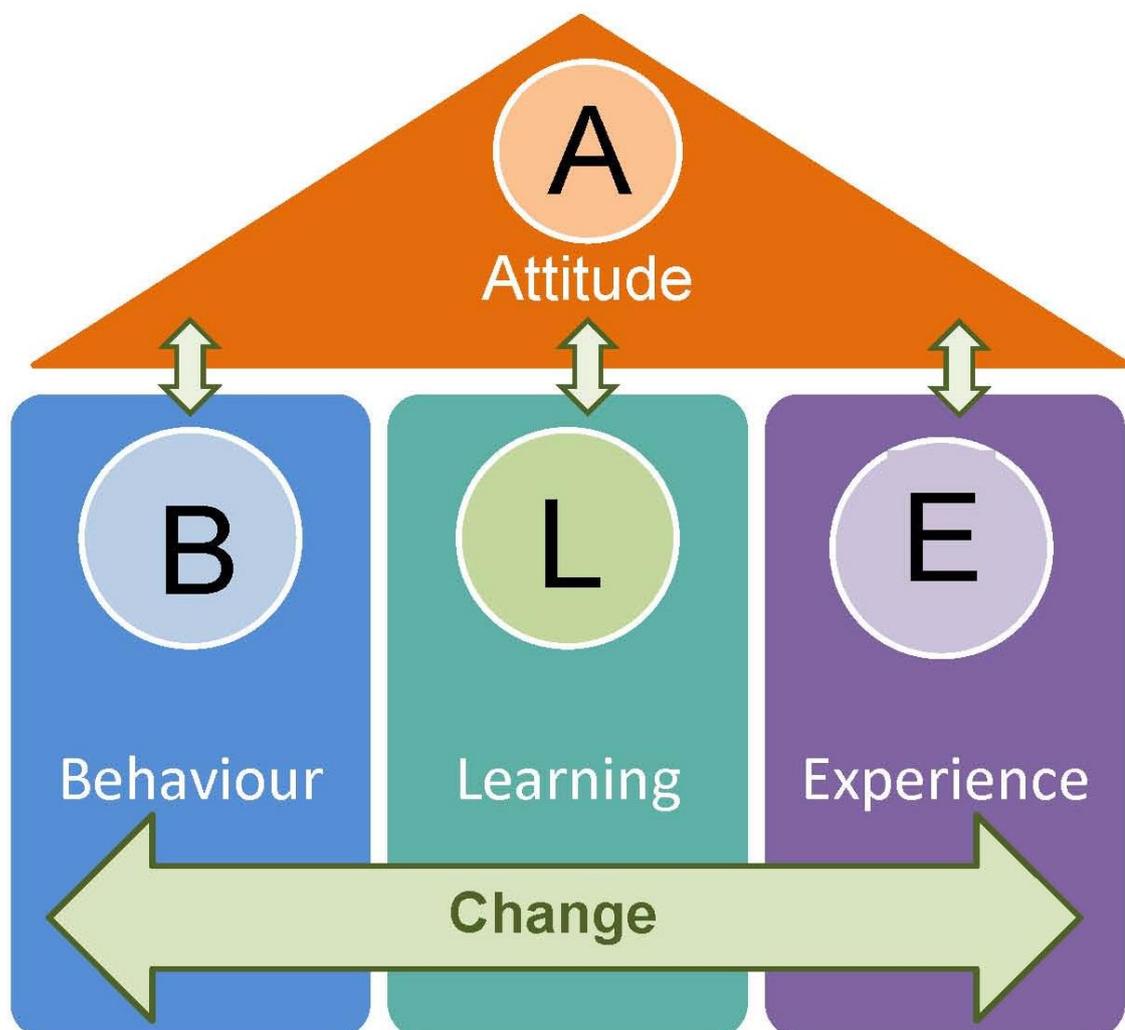
Through **BUILDING RELATIONSHIPS, UNDERSTANDING NEEDS** and **PROVIDING BETTER SERVICE** we provide people with the **KNOWLEDGE** about their problems giving them the **POWER** to take **CONTROL** of their lives and shape their future. This is achieved through education - challenging common attitudes, language and beliefs that reinforce and justify helplessness. This gives people the knowledge and ability to make simple life changing decisions whilst understanding and valuing **RESILIENCE**.

Central to our core values and beliefs are that every person has the **ABILITY, RESPONSIBILITY** and **RIGHT** to change their lives and circumstances through **SELF DETERMINATION**. At Intuitive Thinking Skills we promote and instil **CHANGE** through **EDUCATION** and **POSITIVE ACTION**. Key to this is personal responsibility, empowering people through education to fulfil their potential.

What we do

We deliver classroom style learning around dependency towards **DRUGS**, **ALCOHOL**, **BENEFITS**, and **STATUTORY SERVICES** which has become a consistent factor across our sectors. We help services address the challenges of getting people to **MOVE ON** after many years of both relying on state funded lifestyles and the struggle of shaking off old **ATTITUDES**, **LIFESTYLES**, **SUBSTANCES** and **PROBLEMATIC BEHAVIOUR**.

Key to changing **ATTITUDES** is the need to build culture change by embedding **BEHAVIOUR**, **LEARNING** and **EXPERIENCE** that supports the shift in thinking; encouraging ambition and belief in the individuals' ability to overcome problems no matter how big or small. Developing motivation, personal responsibility and ambition is key to planning, communication, **ETHICS** and **VALUES**. The sessions will help identify, enhance and develop these skills and attributes.



i-DEAS[®] Modules

i-DEAS[®] modules deliver bespoke yet structured learning sessions which can be completed stand alone or as a set of learning. They are specifically written to teach key skills sets which provide focus, motivation and planning for people engaged across a range of public service environments, such as employment, criminal justice, specialist housing etc.



The training is highly customisable and additional content can be discussed on enquiry. Our **i-DEAS[®]** are written to reflect the partner environment and aim to improve outcomes, provide focus and promote personal responsibility amongst people using those services.

Structured into 6 principal areas of learning, each area includes two separate **i-DEAS[®]** sessions:

Light up the darkness!

- **Attitude change –**
- **Understanding values –**

To use or not to use?

- **Drugs/alcohol the facts -**
- **Detox -**

We are one!

- **Communities -**
- **Rights and responsibilities –**

How do you do?

- **Health –**
- **Mental Health –**

What do you do?

- **Communication –**
- **Skills and Abilities –**

What's next!

- **What do you have to offer –**
- **Planning for life –**

Bespoke

- **Bespoke sessions written to specification**

Getting in touch

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