



Anti Bullying & Personal Development



GENERAL COURSE INFORMATION:

This course is aimed to help groups or individuals identify negative behaviour and to explore positive alternatives in a fun and relaxing atmosphere.

Course Aim:

Identify causes of bullying

To openly discuss the causes of bullying

To investigate positive approaches

To look at lifestyles and reasons for negative behaviour

To build trust and confidence within the group and view their opinions in a safe environment.

Objectives:

Through the use of outdoor education and Experiential learning, groups and individuals can set tasks and workshops to help them discuss and reflect on the issue of bullying.

Workshops and discussions will be part of an outdoor activity weekend.

Please call Celine on 049 8544436 or email: info@cavancentre.ie