



USING LIVING E- MOTIONS ► LEARNING RESOURCE



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The Living e-Motions learning resource has been developed to enable you to deliver courses using story living to assist people living with mental health problems to understand and manage their emotions and take control of their recovery.

This section provides some guidance on how to use the Learning Resource to design and deliver training that meets the needs and aspirations of your potential students.

STRUCTURE OF THE LIVING E-MOTIONS COURSE

The resource sets out a series of eight sessions covering the following topics.

	About Living e-Motions
	Using the Living e-Motions Learning Resource
SESSION 1	Establishing the learning group
SESSION 2	My recovery
SESSION 3	My recovery story



SESSION 4	Understanding my emotions
SESSION 5	Self-management and self-care
SESSION 6	Connections
SESSION 7	Sharing my story
SESSION 8	Celebrating my journey

The aim of the course is to take students on a journey. The first session is focused on establishing the learning group. After that there are three sessions where the students will think about what recovery means to them, start to explore their own recovery story. After this there are two sessions exploring key elements in both managing emotions and recovery – self-management and self-care and our connections or social interactions and relationships.

After this in Session 7, students will return to their recovery story and focus on the turning points, what has helped their recovery and what they want to share. The final session is focused on bringing the learning together by providing a space for students to share their story and also capture their learning in a Living e-Motions Learning Passport.

Each session contains:

- Learning outcomes
- Suggested learning plan
- Information on the topic
- A series of exercises



- Worksheets and handouts

It is also suggested that each session end with a short period for students to reflect on their learning during the session and note down any key points. These notes will help them to develop their story for sharing and also their learning passport.

USING THE LEARNING RESOURCE

This learning resource has been developed to be a resource not an instruction manual. The lesson plans are suggested and the exercises can be adapted or changed if required. Indeed, you may have exercises that would work better with your students. If so, please share that with us so more people can try out different approaches.

Each student group is different so you may need to spend more time on some themes and less on others. What is important in Living e-Motions is that the students are able to put their learning into practice by developing and sharing their story and creating their personal learning passport.

PRACTICALITIES

It is recommended that the learning group comprise no more than eight to 12 people. A certain number of students is needed to ensure a good group learning experience but more than 10 to 12 students will mean that some may not participate in the way this course is designed to encourage.

The sessions have been designed to last for around two-and-a-half hours with a short break. However, it would be possible for them to last longer. If the sessions are shorter it may be appropriate to select certain exercises rather than trying to compress them. This way students will get the opportunities they need to reflect and discuss.

The course has eight sessions and it is recommended that the sessions run regularly; no less than once a week. This helps to maintain momentum and attendance.



It may be that a taster or introduction session before the course starts would encourage participation. In addition, we suggest that you consider scheduling a follow up celebration event around two to three weeks after the final session.

FINAL WORDS

Remember that as a trainer or facilitator you know your students best. This resource is designed to help you to deliver a high quality and empowering learning experience. Enjoy the experience and share what you have learnt with others.

