

## **What is the course?**

A ten week course which builds self-awareness, resilience, and life and work skills for inmates transitioning back into society. Delivered by Daniel's Kitchen CIC as part of its social impact mission. Our goal is to reduce reoffending by sharing the tools to build a fulfilling and positive future.

## **What are the core topics covered in the program ?**

Week 1 - Growth Mindset

Week 2 - Communication and Rapport

Week 3 - One on one sessions

Week 4 - Habits, Triggers, and Self-Awareness

Week 5 - Self-Esteem

Week 6 - One on one sessions

Week 7 - Trust

Week 8 - Pre and Post-Interview Skills

Week 9 - Course recap

Week 10 - Graduation and final one on one sessions

## **How will the course be delivered?**

Each week will consist of 2 - 40 minutes sessions with an impactful presentation, role play, Q&A and course work which encourage self reflection. Additionally, inmates will receive one-on-one coaching every three weeks to address individual concerns and progress.

## Who will deliver the course?

### ***Paul Hugill MBE***

Paul has three successful decades helping people from challenging backgrounds plot and pursue a positive future. His work was acknowledged in the 2021 Queen's Honours List for service to people with learning difficulties.

### ***Lowan Wilson-Hunderbee***

Lowan is an ex inmate of HMP Lincoln and has worked alongside Paul since his release in 2023. Lowan is living proof of the ability to turn one's life around and to build a better future.

### ***Stephanie Laing***

Stephanie is a skilled presenter, workshop facilitator and TedX speaker. With an MSc in Community Organising, and extensive experience in executive education.

## **Week 1 - Growth Mindset**

Resilience, Dealing with Rejection

Teaching strategies for bouncing back from setbacks

Understanding the role of failure in learning and growth

Practical tools for handling rejection (especially in job searching)

## **Week 2 - Communication and Rapport**

Essential skills for effective communication

Building trust in professional and personal interactions

The role of empathy in communication

**Week 3 - One on one sessions**

**Week 4 - Habits, Triggers, and Self-Awareness**

Understanding personal habits and behavioral triggers  
Identifying negative cycles and strategies to break them  
Encouraging self-reflection and goal-setting

**Week 5 - Self-Esteem**

Techniques to rebuild confidence post-incarceration  
Recognizing and developing strengths  
Overcoming self-doubt and negative self-talk

**Week 6 - One on one sessions**

**Week 7 - Trust**

Developing trust in oneself and others  
Recognizing how past actions affect future opportunities  
Rebuilding credibility in the community and workplace

**Week 8 - Pre and Post-Interview Skills**

Mock interviews with real-world feedback  
CV-building and storytelling for employment  
Understanding employer expectations and soft skills

**Week 9 - Course recap**

**Week 10 - Graduation and final one on one sessions**

**Additional Elements of the Program**

Individualized support and mentorship which will address personal challenges and goals including sign posting as part of a tailored action plan for each participant.