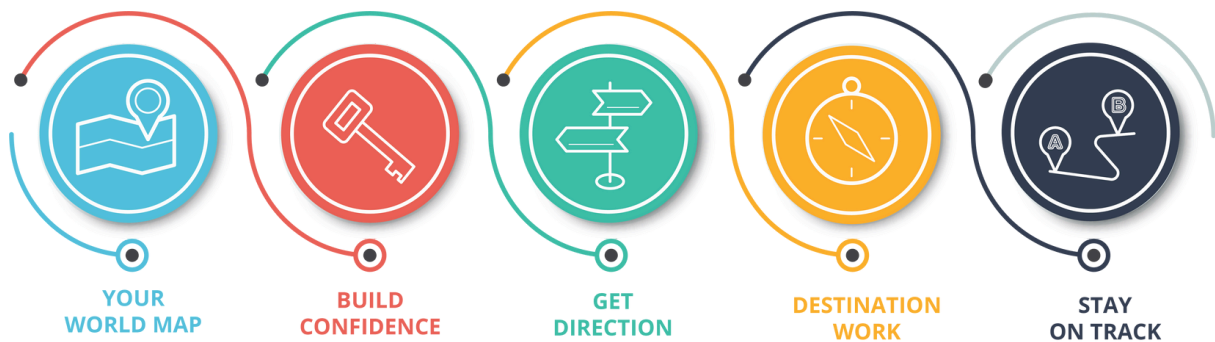


# The Bounce Program™

## INSIDE THE PROGRAM

The Bounce Program is a globally recognised coaching framework for successfully embedding soft skills that move people from long-term unemployment to sustainable living-wage jobs. Scientifically-backed and expertly executed, the program includes five dynamic learning modules with activities designed to help people overcome their barriers, build confidence and boost their wellbeing.



## MODULE 1 - YOUR WORLD MAP

Drawing from a large range of studies, this portion of the program focuses on the development of positive emotions through self-discovery, to override negative emotions; broadening the mindset, building physical and intellectual resources which can be drawn on later to improve the odds of successful coping and survival.

### Topics include:

- Personal Reflection & Perception
- Positive wellbeing (PERMAH)
- Emotional Intelligence & the Brain
- Values
- Beliefs Shifting

## MODULE 2 - THE CONFIDENCE KEY

This part of the program provides space for individuals to understand their skills, strengths and personal qualities. When participants understand the traits and attributes that make them unique and special, they feel more confident about their ability to move forward.

### Topics include:

- Skills, strengths and personal qualities
- Anchoring
- Integrity
- Body language

## MODULE 3 – GET DIRECTION

Module 3 helps participants to develop their communication skills, learn how to work more collaboratively in teams and discover how to build strong connections with others. This allows individuals to not only fulfil their need to belong and connect with others but also their ability to grow professionally.

### Topics include:

- Communication styles (VAKD) and Learning Styles (VAK)
- Building rapport
- Cause & Effect
- Conflict management
- Agreements

## MODULE 4 – DESTINATION WORK

Individuals who pursue goals that match with their developing interests and values put more continued energy into realising those goals and are more likely to achieve them. With an abundance of scientific research backing the connection between strengths, values and goal setting, this module of the program helps participants to link these elements together to create a powerful vision for their future.

### Topics include:

- My Job Outlook (the Career Quiz)
- Employment preferences & career gearing
- Networking
- Vision boards
- Goal setting

## MODULE 5 – STAY ON TRACK

Module 5 includes content designed to help participants beyond their journey into employment. It includes topics that build wellbeing and promote positive mental health.

- Delayed gratification
- Financial planning
- Motivation
- Resilience
- Breathing
- Mindset

## BONUS – CAREER TOOLBOX

This bonus module provides resources to help participants become more work-ready.

### Topics include:

- Opportunity identification
- Actively researching
- Practical Work-based skills
- Resumes, letter writing and cold-calling
- Presentation skills & interviews

## RESEARCH & STUDIES

The Bounce Program™ has been developed using a wide range of scientific strategies and behaviour change science, including:

Martin Seligman – Positive Psychology

Barbara Fredrickson - Broaden and Build Theory, Positive Emotions

Carol Dweck - Mindset, Flip it, Beliefs

Robert Cialdini – Influence, Persuasion & Nudging

Daniel Goleman – Emotional Intelligence

James Prochaska & Carlo DiClemente – Stages of Change Theory

Albert Ellis - ABCDE Model, Beliefs, Cause and Effect

Thaler and Sunstein - Availability Bias

Daniel Kahneman – Anchoring, Thinking fast and slow

Multiple Studies - Emotional Intelligence

Matt Lieberman - Social

Amy Cuddy - Body Language, Rapport.

Biswas-Diener - Strengths Lively (et al) - Goal Setting, Goal Attainment

Biswas-Diener - Goal Framework

Sonja Lyubomirsky - Happiness Pie, Intentional Activities

Shefrin & Thaler - Mental Accounting Judge,

Locke, Durham - Locus of Control