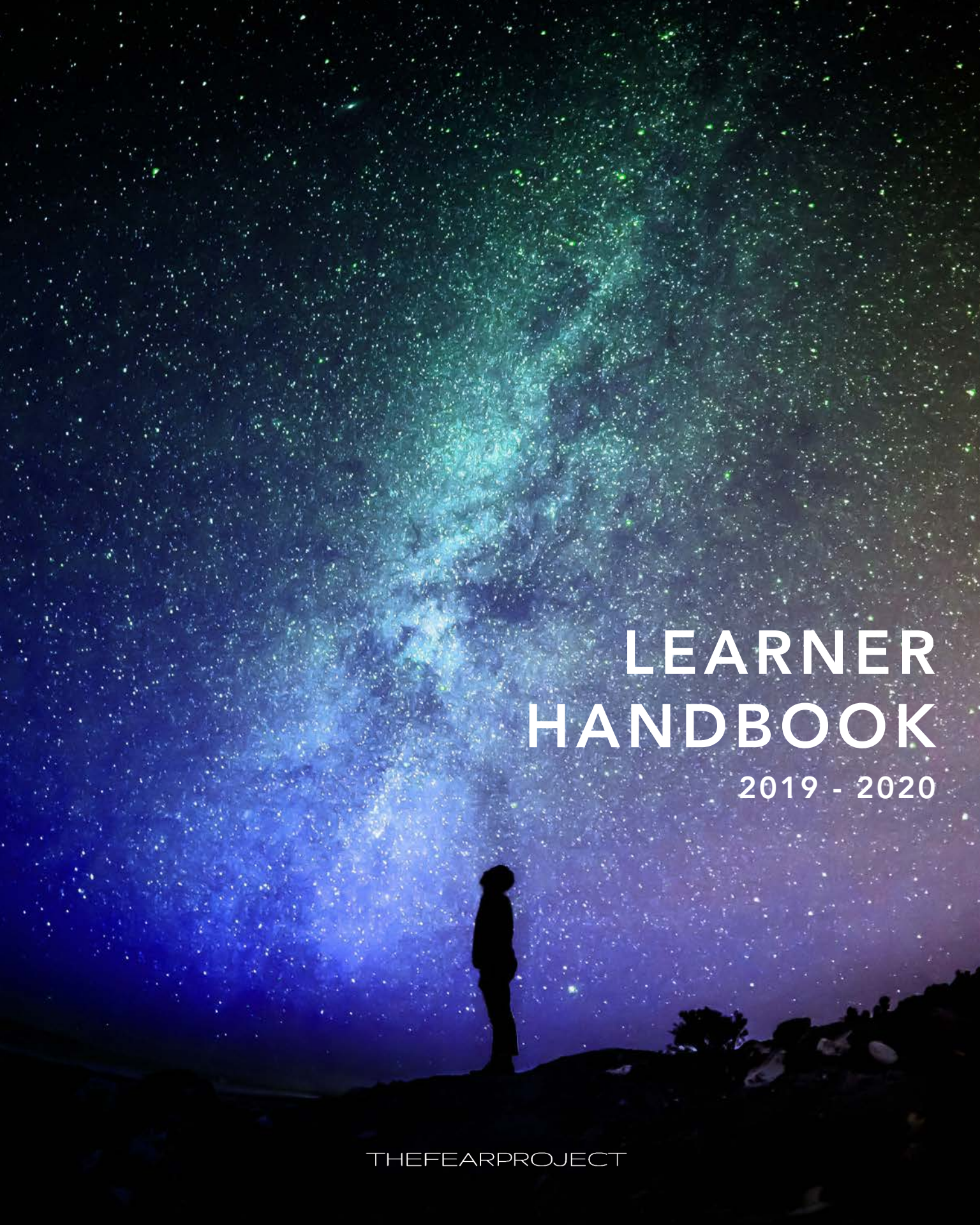


LEARNER HANDBOOK

2019 - 2020

THEFEARPROJECT

1 Who Are We

2 Code of Conduct

6 The Fear Project (Level 3)

10 The Syllabus

Unit I : Identifying Human Fear and Emotion
Unit II : Understanding Cognitive Schemas
Unit III : Practically Applying Knowledge About Fear
Unit IV : Self Sabotage and Self-Control
Unit V : Learning Resilience and Self-Monitoring
Unit VI : Building Resilience to Psychological Fear

19 Assignments

23 How & When

Contents

24 Reading List

25 Plagarism

26 Help & Support

TUTORIAL SUPPORT
PEER SUPPORT

30 Contact Us


PASSARÉ
CONSULTANCY

WHO ARE WE

Passaré Consultancy offers professional consultancy services to companies, education providers and individuals. We combine behavioural research and strategies with the latest cognitive neuroscience discoveries of how the brain works to improve the health, well-being and performance of the everyday people who make up our schools, organisations and social relationships.

Passaré Consultancy reach people worldwide via its conferences, professional development training, accredited courses, teaching, mentoring, coaching, publications and motivational speaking.

We offer a range of services across the following broad areas:



Education



Corporate



Individual



Conferences



Motivational Speaking

Passare Consultancy accreditations and courses are written by professionals with chartered psychologist status with the British Psychological Society.

Passaré Consultancy is a COBIS (Council of British International Schools) Supporting Member and an Accreditation Centre with AQA.

CODE OF CONDUCT

Passaré Consultancy provide an inclusive approach to learning. We believe that learners should be treated with respect by their tutor. In return, we also expect and anticipate that learners will behave respectfully towards both other people and their training programme. As we will be working together for a number of months it is important that we have our own Code of Conduct which sets out expectations for learner behaviour and the procedures that Passaré Consultancy use to resolves matters when learners' behaviour is unacceptable.

Our code of conduct applies to tutor-led/face-to-face courses and assessments, and online eProgrammes as well as the learners enrolled on the programme and their employers.





A learner is any individual enrolled on a Passaré Consultancy programme. This includes:

- tutor-led course and/or assessment;
- delegates enrolled, from point of registration, that are undertaking a that a series of tutor-led courses/assessments and online eProgrammes
- learners, from the point of registration, that are progressing through an eLearning programme

All learners are expected to adhere to the code of conduct.

- A breach of the code of conduct may lead to a learner being excluded from the programme(s) of learning they are undertaking.
- Learners have the right, always, to see material that is kept on file and to request its removal if it is found to be incorrect.
- Learners are individuals enrolled/booked on a training or assessment programme
- Learners are representing their own or employer's business whilst attending a course or progression through an online eProgramme. Employers will be considered responsible for their employees' behaviour and may be liable for any damage because of misconduct.

We ask that you:

- Respect others, regardless of culture, ability, race, gender, age or sexual orientation.
- Show a positive commitment to your own development and learning.
- Show respect for another learners' development.
- That you attend and arrive punctually to training/assessment events that you have been scheduled to take.
- That you cooperate with other learners, tutors, and the Passaré Consultancy team.
- Understand that learners progress at different paces.
- Understand that there is a certain amount of necessary paperwork which must be completed by each learner.
- Abide by our Plagiarism Policy.
- Anything other than this is considered a breach of this agreement.

THE FEAR PROJECT

PERSONAL DEVELOPMENT COURSE

The Fear Project Accreditation (Level 3) is not like other personal development courses. This is not just about giving you an accreditation. It is about you taking control over your life. It is about the differences in people, but the similarity in how we process information.

The Fear Project accreditation asks if you can elevate your individual thinking beyond the distressing feelings, boredom and frustration that can restrict your progress in your relationships, education and the workplace.

It is about people taking responsibility and making their lives better. This is why we value it so highly. If you cannot change something, at least change the way you think about it to make your life better. Sometimes, you have to break yourself to create yourself. The accreditation was written by chartered psychologists, education and wellbeing professionals at Passaré Consultancy who hold the highest standard of psychological expertise recognised by the British Psychological Society.

They have used their wealth of over 20 years' experience in psychology to create a relevant and unique approach to mental wellbeing, to maximise human performance and develop resilience. They have implemented the latest research to create a programme which understands the specific techniques to positively alter negative brain and thinking patterns. This course is designed for individuals who want to improve their thinking in relation to stress, anxiety and self-esteem. Those who want to improve their chances in education, the workplace and relationships.

The programme is also designed for those who work with people professionally and want to improve their interventions, interactions and empathetic listening skills in fields such as teaching, coaching, mentoring, counselling, youth or social work.





The Fear Project (Level 3) is a 12-week training programme (with optional assessors and facilitators course on completion) that incorporates knowledge and application of psychological theory, coaching skills and cognitive strategies for behavioural change. The aim is to recalibrate negative, irrational and unproductive thought and self-talk, using a range of practical strategies and activities to implement new productive thinking strategies and behaviours.

The programme includes all of the level 1, 2 and 3 components and is designed for coaches, teachers, mentors, facilitators, trainers and individuals who want to take their working and personal relationships into an area of expertise with a practical skillset that many professionals and people in general lack. This programme can be applied to education, the workplace or interpersonal relationships.

Why am I here?
What is the single
most important thing
I want to achieve
by completing this
course?

THE SYLLABUS

I IDENTIFYING HUMAN FEAR AND EMOTION

Psychological Fear
Who am I?

Nature & nurture
What is fear?
The fear escalator

What are emotions?
The difference between
emotions and feelings

I I UNDERSTANDING COGNITIVE SCHEMAS

Cognitive psychology
Self perception

Self-perception applied

Negative self-perception
& sharing vulnerability





III PRACTICALLY APPLYING KNOWLEDGE ABOUT FEAR

Perception (value vs worth)
Personal stock exchange

Building mental fortitude – willpower

Learning and building willpower and resilience

IV SELF SABOTAGE AND SELF CONTROL

The comfort zone – self-sabotage

Why we struggle to cope
Optimal strategies

Hardiness training

Expose vulnerability 2 – progression

Challenge 1 (Familiar & supportive)





V LEARNING RESILIENCE AND SELF-MONITORING

Challenge / Recalibrating the subconscious mind (self control monitoring, mistakes & bad habits)

Challenge / Habit formation: (planning, self-regulation, doing / taking action & personal challenge 2)

VI BUILDING RESILIENCE TO PSYCHOLOGICAL FEAR

Commitment / Inner recalibration (repeat)

Commitment / Applying positive self-talk 2

Commitment / Self-monitoring in action

Personal challenge 3 and 4

Who am I? Now what? Where from here???



Full syllabus details will be provided when applying to the course.


RUNNING EVENTS
REPORTS & REPORTING
THE REPORT WRITING IS HARD WORK IF YOUR NOT ACADEMIC
I SPENT MORE TIME NEGOTIATING FORMAT THAN BEING CREATIVE
TAKES 2 WEEKS FOR COM MARKETING
COLLATING ALL THE INFORMATION AT THE END WAS HARD DISTILLING FRAMING
GOT HELD FROM OTHERS TO "GOVERNMENT IFY" REPORT
I WOULD HAVE MADE IT PRACTICAL IF IT WAS FOR EVERYONE

ASSESSORS & FACILITATORS ACCREDITION

On completion of the six units, learners will have the opportunity to obtain the Assessors and Facilitators accreditation. This is a further accreditation that demonstrates that they have the ability to



plan



prepare



monitor



evaluate

sessions of their own. The Fee for this is £199.





ASSIGNMENTS

The assignments are challenging but achievable for every individual as they relate to each person's unique experience of the criteria. The challenges, assessments and hours of engagement will be based on your own personal circumstances.

If work is incomplete learners will get the opportunity to resubmit after discussion and feedback from their tutor. If there is an extenuating circumstance, and you are unable to meet any of the deadlines, you are required to email your tutors requesting an extension. There is an additional administration fee of £59 for a missed deadline and extension. The reason for this is because it holds up the submission and validation process of the entire class. If you do not meet the tutors' extension, your work will not be accepted.



2 x 500 word essay's (one at the start (unit 1) of the course & one at the end (unit 6) of the programme



1 x personal self-assessment (unit 1)



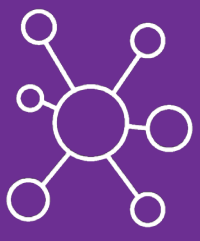
1 x personal appointment with their tutor (unit 4)



4 x Personal Skills Challenges in familiar/unfamiliar environments (unit 4, 5 & 6) - graded



1 x self-monitoring plan outline (unit 5)



1 x research extraction and model behaviour (unit 6)



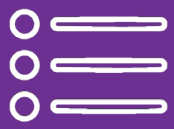
1 x assessment review (unit 1)



1 x presentation of personal development (unit 3 & 4)



1 x personality assessment (unit 5)



1 x multiple choice test on psychological fear (unit 5)



1 x completed self-monitoring commitment (unit 6) - graded



Minimum of 50 hours outside of sessions (continuous)



HOW & WHEN WILL WE MEET



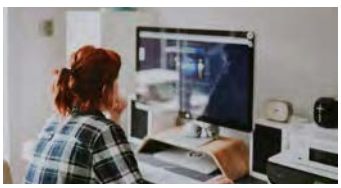
There will be 12 sessions. Your group will be allocated a time slot and sessions will take place on the same day each week. You will attend once a week for 90 minutes. You will be informed of your time and day during the registration process.



Online sessions will take place on the ZOOM app, learners are required to have access to this before the first session and familiarise themselves with the format and usage. https://zoom.us/



You will be partnered with another learner from your class for the duration of the course, this may be a trio if there are odd numbers. This will allow you to share experiences and assist each other with completing the outcomes.



During the first part of the session, your tutor will review material from the previous week and answer any questions that may have come up since your previous session meeting, before beginning the next work.



READING LIST

F**K FEAR: How to turn your lifearound when things don't go your way by Martyn Stewart (Compulsory)

GRIT by Angela Duckworth (Optional)

WILLPOWER by Roy Baumeister (Optional)

OUTLIERS by Malcolm Gladwell (Optional)

12 RULES FOR LIFE
by Jordan Peterson (Optional)

PLAGARISM

Plagiarism is using, without acknowledgement, someone else's ideas or work. If you submit an assignment that contains work that is not your own, without clearly indicating this to the marker (fully acknowledging your sources using the rules of the specified academic referencing style), you are committing 'plagiarism' and this is academic misconduct. This might occur in an assignment when:

- using a choice phrase or sentence that you have come across or translated from another source
- copying word-for-word directly from a text or other source
- paraphrasing or translating the words from a text or other source very closely
- using text downloaded from the internet, including that exchanged on social networks
- borrowing statistics or assembled facts from another person or source
- copying or downloading figures, photographs, pictures or diagrams without acknowledging your sources
- copying comments or notes from a tutor
- copying from the notes or essays of a fellow student
- copying from your own notes, on a text, tutorial, video or lecture, that contain direct quotations from tutors
- using text obtained from assignment writing sites, organisations or private individuals
- paying for work from other sources and submitting it as your own

It is important to understand that if you do not acknowledge fully the sources that have contributed to and informed your work you are misrepresenting your knowledge and abilities. Since this may give you an unfair academic advantage in assessment it is considered to be academic misconduct.

HELP & SUPPORT

TUTORIAL SUPPORT

Your fellow learners will be a great source of general support as they will be following the course alongside you so stay connected to them. Make groups outside of learning sessions to discuss and gain a greater understanding of the concepts and units.




PROJECT
ENTS
E One
ECRET
TO BEAT
OVERTHINKING
The British Psychological Society
Chartered Psychologists
Lanation
PASSARÉ CONSULTANCY
COBIS
SUPPORTING MEMBER





PEER SUPPORT

Every student on the program will be given access to 2 hours of tutorial support. The first session will take place between units 2 & 3. The second tutorial will take place between units 5 & 6. You can email your tutor with queries about your course at any time.

If at any other time you need any other form of practical support in relation to this course please contact our course administrator: sroberts@passareuk.com, quoting The Fear Project in the subject title of your email.



CONTACT US

www.passareuk.com

info@passareuk.com

www.thefearproject.net

info@thefearproject.net



The British Psychological Society

Chartered Psychologists

PASSARÉ CONSULTANCY

SANATION

THEFEARPROJECT

W: www.passareuk.com
E: info@passareuk.com
W: www.thefearproject.net
E: info@thefearproject.net