

## **10 Commandments Specific Program Outcomes**

Encourages the recognition and understanding of personal stress triggers and those situations which cause intense tension and stress to the individual.

Develops an awareness of harmful stress levels and provides coping mechanism to manage stress positively.

Assists individuals in creating, enhancing and maintaining a positive self-image.

Develops goal setting and time management techniques to ensure that optimum performance is reached.

Encourages breathing and relation techniques in order to reduce stress and tension.

Demonstrate ways to work effectively with others to ensure healthy interactions and high productivity levels.

Encourages the enjoyment of life – both socially and in work environment – through the reduction of anxiety and tension.

Develops the ability to embrace lifestyle changes to promote self growth and self understanding.

Develops the ability to accept change, and when necessary adapt one's approach effectively within a variety of situations.

Identifies ways to align ones behavior with personal needs, priorities and goals through dedication and tenacity.

Establishes the ability to initiate and drive one's own behavior with resilience and enthusiasm.

Addresses the need for continued goals directed growth and willingness to seek opportunities to acquire new knowledge for oneself.

Assists in identifying and understanding one's emotions, personal strengths, development areas, values needs and interests and how these affect relationships.

Instills individuals to believe in themselves by conveying a strong sense of self-worth and capability.

Develops the ability to resolve disagreement in a way that is appropriate to the situation.

Encourages the ability to adopt a general positive outlook on life – despite setbacks and Obstacles.