

*Manage - Able*TM

Self-Determination

A Human and Social Capital Development Programme

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Helping individuals who are experiencing psychological and/or economic stress, maximize positive outcomes within all areas of their lives.

- Bettering communication skills.
 - Improving personal relationships.
 - Based on research and personal experience.
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Mitigating

- The personal and economic limitations of learned helplessness.
- The negative impact of stressful or dysfunctional circumstances upon self-management.

Promoting

- Self-awareness.
- Practical opportunities for self-management.
- Socio-economic confidence and self-sufficiency.

Recognizing

- Past achievements, strengths and weaknesses.

Building

- Positive personal life skills and attitudes.
- Positive professional life skills and attitudes.

Improving

- Appropriate use of many formal and informal support systems.
- Communication skills.

Reducing

- Cost of care and support for individuals negotiating stressful and/or dysfunctional circumstances.

Why?

The socio-economic structure of Britain is rapidly changing. As the number of available manufacturing jobs decline, the number of minimum wage service jobs and part-time positions increase. As health care improves through scientific developments, we see an increasing number of individuals having to manage life-limiting illnesses. In both cases, ubiquitous educational and media exposure increases socio-economic aspiration without necessarily providing a means to achieve such aspiration. Related social fallout abounds. As a result, British society is experiencing a rapid expansion in the number of families and individuals who find themselves living in 'marginal' situations: Defined as living with 'traumatic events', or in 'transitional circumstances', individuals and families experience varying degrees of economic and/or psychological stress. Behaviours symptomatic of these circumstances impact every British community by way of far reaching health and economic issues.

How?

Firstly the programme gives participants an understanding of the psychosocial issues commonly associated with the lives of individuals and families living in stressful situations. Behaviours symptomatic of such circumstances are linked to their common psychological denominator – depression.

Secondly the programme outlines a treatment for depression using three specific forms of goal setting that

promote self-management. Participants learn how to implement these goal-setting techniques by instigating progressively structured conversation that promotes Self-Directed Learning*. The process is laid out in a simple, methodical fashion that enables participants to develop nurturing and trusting relationships as a routine part of daily activities. Consumers work with facilitators to set goals and agreed, measurable outcomes based upon personally identified priorities.

Over forty-eight (48) weeks, follow up to support effective implementation of the programme is conducted face to face and by e-mail. Progressive, measured outcomes provide evaluations that document the programme's effectiveness for each individual participant and document a financial return on investment.

Programme delivery may be tailored to meet the demands of various organisational structures, from one small service group to a large operation that may even comprise many small satellite service groups.

* The method used to develop Self-Directed Learning is parallel to the accepted means of mitigating the psychosocial problems and behaviours associated with marginal circumstances. Self-Directed learning has also long been associated with a 'healthy' community; positive communal culture and the many cost savings that emerge from this.