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**Learning and Development**

**Title:** **Living Life to the Full**

**Audience:** This course is for anyone who wishes to improve how they feel when they are feeling low or stressed

**Description:** This is a **7-session** course that promotes a discovery of how to tackle a

variety of problems in life.

**Objectives:** By the end of the course you will have looked at how to

* Understanding your feelings
* Doing things that make you feel better
* Looking after things differently
* How to fix almost everything
* Build inner confidence
* The things you do that help and the things you do that don’t
* Optional revision session

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|  | **Dates** | **Times** |
| **Course 1** | 31 January 2023 | at 9.30am-14.30pm |
|  | 7 Feb 2023, 14 Feb 2023, 28 Feb 2023, 7 Mar 2023,  14 Mar 2023 and 21 Mar 2023 | at 9.30am-12.30pm |
| **Course 2** | 20 Apr 2023 | at 9:30am-12.30pm |
|  | 27 Apr 2023, 4 May 2023, 11 May 2023, 18 May 2023,  25 May 2023, 8 Jun 2023 | at 1.00pm-4.00pm |
| **Course 3** | 15 Jun 2023 | at 9.30am-14.30pm |
|  | 22 Jun 2023, 29 Jun 2023, 6 Jul 2023, 13 Jul 2023,  20 Jul 2023, 27 Jul 2023 | at 9.30am-12.30pm |
| **Course 4** | 12 Sep 2023 | at 9.30am-14.30pm |
|  | 19 Sep 2023, 26 Sep 2023, 3 oct 2023, 10 Oct 2023,  17 Oct 2023, 24 Oct 2023 | at 9.30am-12.30pm |
| **Course 5** | 9 Jan 2024 | at 9.30am-14.30pm |
|  | 16 Jan 2024, 23 Jan 2024, 30 Jan 2024, 6 Feb 2024,  13 Feb 2024, 27 Feb 2024 | at 9.30am-12.30pm |

**Venue:** Castle Hill Centre, Castleton St, Bolton BL2 2JW

**Facilitator:** Learning and Development Team

**Price:** No Charge

**Booking Info:** For the Bolton Council staff, please book your place via Oracle self-service. All other delegates, please use this link to complete a [nomination form.](https://forms.office.com/r/ciMc6PLBYj) Alternatively scan the QR code below.

**Cancellation:** To cancel your place, please notify the Learning and Development Team on 01204 337600 or email [learninganddevelopment@bolton.gov.uk](mailto:learninganddevelopment@bolton.gov.uk) You must cancel your place at least 2 weeks prior to the course date, otherwise the following charges will apply-

2 weeks or more – No Charge, 1-2 weeks prior - £25.00

The week of the training course and non-attendance - Full Cost

**IMPORTANT** -If your course is free of charge and you cancel within 2 weeks or do not attend, you will be charged £25.00

**Qr code

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