

- 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

Course 1:

Dates	Times
24 February 2022 3 March 2022 10 March 2022 17 March 2022 24 March 31 March and 7 April 2022	All sessions are 9.30am – 12.30pm

- Venue:** Castle Hill Centre, Castleton St, Bolton BL2 2JW
- Facilitator:** Janet Birchall & Sharon Wilson
- Price:** No Charge
- Booking Info:** Please email learninganddevelopment@bolton.gov.uk with the following information: course title, date and time, your full name, your organisation name, address and contact details.
- Cancellation:** To cancel your place, please notify the Learning and Development Team on 01204 337600 or email 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 - Full Cost
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