What is Living Life to the Full?

We can all sometimes feel down or fed up, stressed or worried. However, there are things you can do to make positive changes in each of these areas. It also involves rediscovering the things you already do that are good for you- and how to build these in your life.

Living life to the Full is one of the world's most used systems to help people change their life for the better.

Research of the Living Life to the Full course shows the positive benefits in improving how people feel and how they live their lives as a result.

The course is 6 sessions plus an optional refresher session.

Session 1: Understanding your feelings

This session will equip you with the keys to understanding how you feel.

Session 2: Doing thing that make you feel better

This session aims to help you feel more in charge of your feelings. It will help you discover how you can improves how you feel by choosing to change what you do.

Session 3: Looking at things differently

This session covers how to help course attendees notice and then respond differently to thoughts that become extreme and unhelpful.

Session 4: How to fix almost everything

In this session you will learn an approach that you can use to tackle problems. Whether you want to save or make some money, complete a project at home, approach your neighbour who is playing their music too loud.

Session 5: Building inner confidence

In this session we will cover some important topics- how to build inner confidence, as well as how to be more assertive by asking for what you need.

Session 6: The things you do that help-and the things you do that don't.

There are lots of choices in life. This session will help you discover what makes a choice helpful or unhelpful, and help you identify early signs that difficulties are occurring.

Session 7: Revision session

This session aims to mark the end of the wider course, and celebrate the effort and commitment made in getting to this point.

For the dates and how to book on a course please scan this QR Code