

Living Life To The Full CLASSES

6
fun
friendly
sessions

In just six, enjoyable 60-75 minute sessions, this popular course can help people make a difference to their lives.

With the help of linked resources and your support as a trainer/teacher at each session, participants learn how to improve how they feel when they are low or stressed, and learn skills that help them tackle problems in their lives.

They will also meet new people and have a lot of fun!

**6 HOURS
THAT CAN
CHANGE
YOUR LIFE**

**1.
UNDERSTANDING
YOUR FEELINGS**

Want to know what makes us tick? This enjoyable, interactive session will help attendees understand their feelings and how to change them.

**2.
DOING THINGS
THAT MAKE YOU
FEEL BETTER**

Teaches how to plan to build pleasure/enjoyment, achievement and closeness into life and start to feel great again!



**3.
LOOKING
AT THINGS
DIFFERENTLY**

Unhelpful thoughts worsen how people feel and affect what they do. Teach how to stop them for good.

**4.
HOW TO FIX
ALMOST
EVERYTHING**

This amazing session reveals the Easy 4-Step Plan – which teaches how to fix problems and achieve goals that has worked for thousands of people

**5.
BUILDING INNER
CONFIDENCE**

How come other people seem so confident? This session teaches participants how to express themselves in a confident and assertive way.



**6.
THE THINGS YOU
DO THAT HELP-
AND THE THINGS
YOU DO THAT
DON'T**

Teaches how to get back in control of eating, drinking, smoking, spending ... anything!

**7.
OPTIONAL
REVISION
SESSION**

The last session sums everything up and then shows you how to keep participants reviewing their progress and using the skills they have learned.



For members of the public, supporters and practitioners:

 www.lltff.com/facebook

Drop In Information Day on **Monday 6th September** from 9am.

Course starts following week **Monday 13th September**

10am – 12:30pm for 6 Weeks.

Trowbridge Community Centre, 91 Caernarvon Way, Cardiff, CF3 1TN

Email employability@ccha.org.uk for more information