

Moving Into Wellbeing

Programme Outline – Jill Tipping

Aims

To provide a 7 session programme aimed to assist those who are 'stuck' within their current life situation and are in need of a 'kick start' to:

- a. Get their lives back on track, and
- b. Prevent falling into more serious bouts of mental stress and depression.

Sessions will be one 5 hour Find Out Day and six 4 hour themed workshops spaced over 12 weeks.

The Programme

Find Out Day

Find out about how this fun and enjoyable programme can help you with your life journey.

This session will cover:

Who am I? Introductions to the group in relaxed and low stress format.

How do I feel now? Pinpointing how each person feels about where they are in their lives at this moment in time.

How do I want to feel? Looking at the ideal. How does each person want to feel. Pinpointing what they want to achieve from the programme.

Workshop – The Recovery Star. Plotting the here and now to be able to track progress and to give a starting point for each individual.

Session 1

What's Stopping You?

Barrier Busting.

Identifying what it is holding them back.

Understanding how powerful thoughts can be if controlled in the right way.

Learning tools, tips and wrinkles about how to start moving in the right direction.

Session 2

Know Your Worth!

Self Esteem and confidence. Understand the difference.

How to build healthy self esteem – self esteem barometer

Understanding self worth and what their place in the world is.

Looking at practical ways to raise the gloom and get on with the day

The power of a gratitude journal

Session 3

Dream Big!

Simple but effective tools to set large and small goals

Daily goals and targets providing a feeling of achievement and enthusiasm

This session will contain a goal setting exercise

Tips on how to keep motivated.

Session 4

Get Busy!

Nothing raises the feeling of self worth quite like ACTION!

The Living Project plan. Simple way to approach projects and break them down into manageable chunks

Making things happen and then appreciating the feelings that action creates.

Session 5

Relationships.

Who are their 'whos' in life ?

Who are their toxic people?

How to deal with those who pull them down, whatever the relationship.

HOG – honest, open and genuine. Dealing with tricky situations

Understanding and helping others

Session 6

Right, what now?

A recap of the last 5 sessions.

Catching up with the recovery stars. Where are they now?

Next steps – peer support, 'buddying' up

Feedback and sharing thoughts on the programme