

LIVING LIFE TO THE FULL FOR YOUNG PEOPLE

F.A.O.
Head of Citizenship /
PSHE / RMCE / Wellbeing

8
fun
friendly
sessions

In just eight, enjoyable sessions that can each be run within a typical school lesson, the Living Life to the Full Programme can help young people change their lives.

With the help of the class teacher, peer supporter or PHSE/RMCE staff, the course teaches key life skills that aim to improve pupil well-being and resiliency.

Developed in the UK by an expert in Cognitive Behavioural Therapy (CBT) - Dr Chris Williams, Professor of Psychosocial Psychiatry at the University of Glasgow, Living Life to the Full is one of the world's most used CBT support systems.

Helping young people learn new skills for life!

Deliver in classes

Supported by research, effective and cost-effective.

Living Life to the Full aims to help young people get the most out of their lives. By asking questions and illustrating changes using examples in the lives of four teenagers (Adam, Beth, Chloe and Deepak), the course gently encourages pupils to be their personal best that's meaningful for them.



Work online

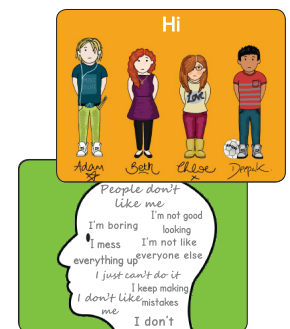
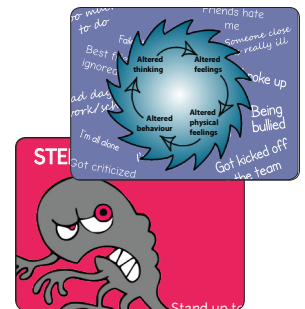
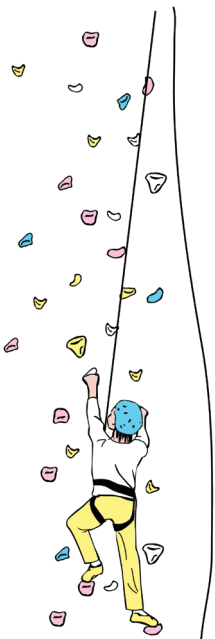
The same course content is available online. Read the linked books, print worksheets and make plans.

Designed to engage and support young people, as well as providing tools for learning and support.

Some boring technical information: the course will work on Apple (IOS) and Windows machines, smartphones and tablets as well as desktops and laptops.

What you get:

You can purchase an annual license to use the classes, the online course or both. The online option delivers the course modules, and also allows you to read all the linked course books. Some are available in other languages as well. The class-delivery version includes four A1 sized colour posters, and is delivered as locked pdf files that can be projected to present the course. You will also receive a pdf of teacher notes as well as lots of ideas. The same resources can also be used for one to one support of vulnerable young people.



Contact us for more information and to book practitioner training for all our courses featured.

E Email: training@fiveareas.com

Book onto training: www.fiveareas.com/training

W Web: www.fiveareas.com

 twitter: @fiveareas

LIVING LIFE TO THE FULL FOR YOUNG PEOPLE

The eight, fun, friendly sessions cover:

1. *Why do I feel so bad?* - and how to make planned changes to feel happier.
2. *I can't be bothered doing anything* - identifying activities that introduce pleasure, achievement and closeness.
3. *Why does everything always go wrong?* - responding differently to upsetting thoughts.
4. *I'm not good enough* - building confidence.
5. *How to fix almost everything* - practical problem solving.
6. *The things you do that mess you up* - learn more helpful ways to cope in stressful situations.
7. *Are you strong enough to keep your temper?* - overcoming anger and irritability.
8. *10 things you can do to feel happier straight away* - building emotional and physical well-being.

WHY DO I FEEL SO BAD?

Want to know what makes you tick? This enjoyable session will help you understand your feelings and what to do about them!

I CAN'T BE BOTHERED DOING ANYTHING

We've all said this to ourselves when feeling down. This session helps you break out of the cycle and start to feel good again!

WHY DOES EVERYTHING ALWAYS GO WRONG?

If that thought sounds familiar, this session will teach you how to get control of your thinking and stop bad thoughts for good.

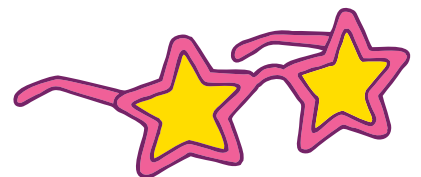


I'M NOT GOOD ENOUGH

How come some people seem so confident? Learn their secrets and get to like yourself again!

ARE YOU STRONG ENOUGH TO KEEP YOUR TEMPER?

This session teaches you everything you need to control your temper and improve your happiness and relationships.



HOW TO FIX ALMOST EVERYTHING

This amazing session reveals the Easy 4-Step Plan - a way to fix your problems and achieve your goals that has worked for thousands of people.

THE THINGS YOU DO THAT MESS YOU UP

Get back in control of your eating, drinking, smoking, spending ... anything!

10 THINGS THAT MAKE YOU FEEL HAPPIER STRAIGHT AWAY

The last session sums everything up and then shows you how to be happier and fitter.

