



Step into Life Course 2014



Day 1

You'll find out where you are now in all areas of your life and where you would like to be in the future.

The internal chatterbox

Self-limiting beliefs

Learn what motivates you

Goal Setting

Mindfulness

Day 2

Let's get some balance into life

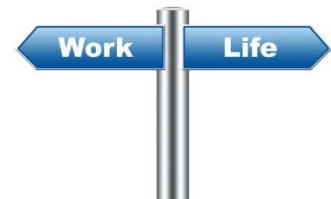
Creative Visualisation Skills

NLP Technique – Anchoring

Create your own Personal Mission Statement

How to make changes and cope with change

Focus on your future



Each group will have up to 10 people to ensure that everyone has essential time and support to work with their own goals.

We hope you will feel able to talk freely within the group, should you wish to; so we adhere to a code of confidentiality.

What you get out of the two days is up to what you put in to it so please enter into the group with an enquiring mind, enthusiasm and honesty.

Whilst in the group please treat others with respect and allow each person time to speak and appreciate others point of view.



Lifemot community interest company



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