

STEPS

A training and development programme for local people

What would your life be like if you were to be as happy and healthy as it is *possible* for you to be?

STEPS is a unique training and development programme for local people. It is designed to help participants take steps for positive change, for the benefit of yourselves and the people and community around you.

The course will give you a chance to think about where you have got to in your life, explore your hopes and ambitions for the future, identify the barriers that may be holding you back, and start to take practical steps for positive change. The 8 sessions take place in an informal, friendly and supportive group, once a week for 8 weeks.

The trainer for this programme is Roger Saunders, from Choosing Change.



Here are some comments from people who have previously completed the STEPS course:

"This is the best method of training I have ever been involved with. Hope that it continues to help and benefit my friends and family. Everyone should be able to attend STEPS."

"I learnt lots of new things. I had a chance to meet new people and talk about so many important things in our lives."

"Great course, and delivered very well by the trainer. I have learnt so much."

If you would like more information or a discussion about STEPS, please contact me on:

E: roger@choosingchange.org.uk

T: 01373 453 339

M: 07910 838 452

STEPS – OVERVIEW

Session 1 - Introduction	In this session we introduce ourselves and learn a bit about one another. You will be given an overview of the whole course, introduced to the key ideas behind it, and asked to agree some shared principles for working together. We shall also explore our different strengths, and what we each hope to get from the programme.
Session 2 – Physical well-being	How can we best look after ourselves, so that we have a strong and healthy physical basis for life? What is our relationship to food and drink, and to movement and exercise? What kind of barriers do we experience to optimum physical well-being, and what changes might we realistically make?
Session 3 – Mental and emotional well-being	How can we best care for the mental and emotional aspects of our lives? What are our core emotional needs, and to what extent are they being met at the moment? How might we challenge negative and harmful habits of thought? And how can we resist stress and learn to relax and calm ourselves whenever we need to?
Session 4 - Relationships	How happy are we with the set of relationships we have – with family, friends, colleagues, neighbours...? To what extent do our relationships nourish or drain us? Do we have a good balance between giving and receiving? Do we need better and more balanced relationships, and how might we go about building them?
Session 5 – The wider world	What is our place in the world beyond our immediate circle? What does it mean to be part of a ‘community’- and what communities do we belong to? Would we like to have more influence over the forces that shape our lives and our society – and how might we go about it?
Session 6 – Meaning and purpose	What meaning and purpose do we give to our own lives? When and in what circumstances do we feel genuinely fulfilled? We shall explore and share the different ways each of us gives our life meaning, and identify ways we might shift focus to what’s <i>really</i> important to us.
Session 7 – Managing it all	During the previous weeks, we will have explored all sorts of hopes and dreams, and many people will have made resolutions and plans for change. In this session we shall look at ways of organising ourselves so that we actually get things done!
Session 8 – Review and ways forward	This final session gives everyone a chance to take stock of their journey during the STEPS programme, to share achievements and/or disappointments, and to consider how each of us will continue taking steps for positive change in the future.