



LIFE CHOICES COURSE OVERVIEW

As part of our People Hub project Konnect run a course called Life Choices. Life Choices is a CBT based course created for people who are far from the job market and classified as long term unemployed or economically inactive and could be described as 'not flourishing in life'. The course was created recognising that what holds many people back is an absence of, or very low sense of, self-worth, confidence, and motivation. It is upon the cornerstone of positive evaluation of self-worth that a person can develop self-confidence, be confident in their inherent natural abilities (strengths and skills) and become motivated to find a constructive outlet (employment) for those abilities.

Life Choices is designed to be delivered in groups of up to 12. Course duration is flexible and can be run over 12, 10 or 5 weeks from just 1 to up to 3 days per week.

The course is built upon 4 themes:

- Developing your self esteem
- Knowing your skills and strengths
- Relating well to one another
- Choosing to take control of your life

Course aims:

- Getting past the barriers and sticking points in life
- Helping build positive self-belief and confidence
- Development of thinking skills, to help get motivated and go after goals
- Knowing how to take control of your life so you can be your 'best self'
- Helping discover skills, strengths and passions
- Enabling how to relate and cooperate with people

For more information visit <https://www.konnnect-communities.co.uk/services/life-choices/> or you can contact us at contact@konnnect-communities.co.uk or phone 01736 339277.