

## Time of your life online group programme

Here is a guide to what to expect from the programme. Things may change a little to meet the needs of the group as we work together.

**Individual learning** You will receive your Time of your life Toolkit in the post before the programme commences.  
Preparation for the first group session

- Reflecting on how you are feeling
- Framing your objectives

### Session one – Step 1 Reflect

**Welcome and introductions** Time to settle in and get to know each other  
Sharing feelings about the next stage of life  
Getting in the mindset for life planning

**Ageing isn't what it used to be!** Putting our life span in context for today's world  
What is mid-life? Later life?  
How are we ageing differently and what does this mean?

**The search for happiness** What is happiness? How do we measure it?  
The Pleasure Purpose Principle

**Individual learning** Reflective activities

- My life map
- Journey so far
- Dare to dream exercise

### Session two -Step 1 Reflect

**Review of Life Maps And Journey so Far** How is life today; how will it change?  
What's important and what is missing?  
What can you learn from our past?  
Which habits to keep and which to break?

**Future landscapes** Completion of Future Landscapes worksheet  
Setting out a framework for the next stage of life  
What would you want to be different?

**Hidden Talents** Understanding what makes us human  
Who is the real you?  
The importance of different perspectives

**Individual learning** Value my skills cards exercise  
Seeking different perspectives

## Session three – Step 2 Explore

Skills for life	Review of Value my skills exercise Exploring and valuing your skills Transferring skills to new opportunities
Wonderful Me	Completion of Wonderful Me worksheet
Individual learning	Completion of Total SDI personal profile

## Session four – Step 2 Explore

Finding my feel good factors	Understanding your Total SDI personal profile Discovering your sense of purpose
Wonderful Me	Completion of Wonderful Me worksheet
Individual check-in	Individual meeting with Judith Opportunity for questions and personal stuff...
Individual learning	Creating my own scenery

## Session five – Step 3 Create

Creating my own scenery	Review of reflective exercise What do I need and want in my life? A portfolio approach
Choosing the Direction	Making decisions and choices A multiple brain approach to decision making
Making change stick	How will you manage the change? Getting going and keeping up the momentum
Individual check-in	Individual meeting with Judith Programme and progress review Action planning
Individual check-in	Post programme 2-3 month review Individual meeting with Judith Review and reboot