




Life Skills Group Programme - 2022

What is the Life Skills Programme?

Based on the principles of cognitive behavioural therapy (CBT), the Life Skills programme is designed to help people learn more about how we think and how this can influence our actions in helpful or unhelpful ways.

The Life Skills Group Programme is delivered over the course of six weeks in 90-minute sessions. With the help of a series of easy-to-follow worksheets and expert guidance from a trained facilitator at each session, you can learn how to better manage the stress of everyday life, recognise and manage unhelpful thoughts, learn new ways of thinking and ultimately begin the journey to a healthier and more confident life.

Essential considerations:

-  Reliable Wi-Fi and a quiet space where you will not be interrupted, with an area to complete exercises / worksheets easily during each session
-  Arrange to print 26 worksheets that will be emailed to you prior to the start date
-  Ideally be in a position to attend all six consecutive weeks

This course takes place via Zoom. Zoom is compatible with smartphones and tablets, but using a laptop or PC is recommended.

You will receive Zoom details in advance. If you do not receive any communications from Aware after registering, please check your spam/junk folder. If it is not to be found, please contact info@aware.ie to let us know.

There is a **refundable booking fee** of €30 for this programme (or €10 if you are a student, unemployed, over 65 or hold a medical card). You can request a refund by emailing info@aware.ie upon completion. Alternatively, if you enjoyed the course and are in a position to support Aware, you can leave your booking fee as a donation.

Proven Results

The Life Skills Group Programme has been developed by Dr. Chris Williams, a Professor of Psychiatry and Honorary Consultant Psychiatrist at the University of Glasgow and recognised expert in the area of CBT.

The Life Skills programme has been independently evaluated by Aware. The evaluation showed a statistically significant improvement in participants' self-reported levels of anxiety and depression after completing the programme.

This means that participants of the Life Skills programme reported less levels of anxiety and depression after completing the programme.

Life Skills is also consistent with the [National Institute for Health and Care Excellence \(NICE\)](#) guidelines for the treatment of depression and anxiety. NICE is an organisation which provides independent, authoritative and evidence-based guidance on the most effective ways to prevent, diagnose and treat ill-health.

Feedback from past participants

- *“Thank you for giving me hope and for giving me back control of my happiness!”*
- *“This 6 week course helped me change my thought process and see things differently. I have learned coping mechanisms that help me manage the more difficult days in life.”*
- *“I feel by practicing with these tools daily I will be able to get back to the old confident me that through life pressures seemed to have got lost.”*
- *“An amazing, potentially life changing course that is user friendly and welcoming. The skills are invaluable”*