A sketchbook with light bulbs and text

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**Finding your Life Direction**  
 with Life Coach Alison Allsopp

at LV Wellbeing Centre, Fareham

A practical and interactive course for people at a crossroads in life who wish to find more purpose and direction so that they feel happier and more confident to move forward into a new phase.

Saturday 25th October 2025 10.00 – 13.15

Saturday 8th November 2025 10.00 – 13.15

See below for further course information

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**Course Information**

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| **Course Title:**  **Finding your ‘Life’ direction; feel more empowered to take action and achieve your desired intentions/goals in life** | Facilitator: Alison Allsopp |
| **Cost:** £45 | Length of Course: 2 x 3-hour sessions  Total: 6 hours |
| **Aims of the Course:** To provide coaching tools and techniques to support self-development for achieving goals and developing a more positive mindset | |
| By the end of the course, you will be able to…   * Prioritise and set your life or lifestyle intentions/goals * Identify your skills and strengths * Know more about what’s important to you and what motivates you * Draw on some techniques for managing a positive mindset to feel more confident and overcome obstacles | |
| This two-session course involves individual self-reflection, paired talk, and group discussion to encourage personal self-development and growth towards finding your own personal purpose and direction in Life. Through a structured coaching and facilitative style, Alison will introduce some strategies and techniques to help participants raise their self-awareness, gain clarity on what they could or would like to change in life for the better and find ways to be in a more positive state of mind to achieve desired outcomes or goals.   * Seek more purpose and direction in life towards what you would like to be, do or have * Understand how we create our own reality or ‘map of the world’ * Identify at least 4 of your personal strengths and skills * Learn about the importance of recognising what is important to you and drives your choices, decisions, outcomes or goals ie recognise your values * Learn and use 3 new strategies and techniques to gain a more confident, empowered and positive mindset and how to overcome obstacles * Create an action plan for making changes and achieving chosen outcomes or goals | |
| **About the course:**  **Who is this course for:** people of all ages and at all stages of life seeking to find more purpose and direction to their life, learn more about themselves and develop a more positive mindset to make changes and achieve their goals.  **Previous knowledge or experience:** An open mind, a willingness to change and take action and interact in a collaborative and caring way with others in the group.  **How will I learn:** Facilitator **i**nput, individual, paired, and small group work involving written and practical and interactive exercises  **What shall I bring:** a pen and notebook/paper for recording your thoughts and ideas  There will be a short comfort and refreshment break during the morning.  **Next steps**: This course could lead to further 1 to 1 coaching opportunities  Further notes: *To get the most out of the course, it is recommended that participants are able to attend all sessions and allow time for your own reflection in between the two sessions. Please advise Alison if for any reason you cannot attend one of the sessions 07941 555254*  If you have limited mobility, please be aware that there are stairs up to the LV studio, please let us know when booking | |