



The Big Life Course Foundation Brief

Our relationship with Self, Others and the World we affect is the Foundation of our life. Develop those relationship and your life changes. The Foundation is in three parts.

- 1) Your relationship with your self informs your relationship with others and your world. The Foundation starts with your relationship with yourself. Get ready for self-discovery, self-connection and self-development, in consecutive weeks.
- 2) What if you could have a good relationship with everyone you meet? We'll work on relationship dynamics, developing and repairing relationships. We're here to relate! And how you relate has a huge influence on your life and work.
- 3) What are you here to do, and, if you could get a vision what would it look like? Or if you prefer, how do you want to live your life and what will your legacy be? Here we work on purpose, vision and transformation of your work in the world.

We'll work on Self in July, Others in August, and our work in the World in September:

	Foundation Program Individual Events			
Part 1: The Self	1 Self-Discovery	2 Self-Connection	3 Self-Development	4 Self-Review
Part 2: Others	5 Relationship Dynamics	6 Developing Relationships	7 Repairing Relationships	8 Relationship Review
Part 3: World	9 Working with Purpose	10 Sharing Vision	11 Transformation	12 Foundation Review

The Foundation Program takes three months. You can start, go on or stop any month. Events run for one hour, and are followed by an optional 30 minutes Q&A.

Check the Briefs on Self-Discovery, Developing Relationships and Making a Difference. The Foundation Program will be followed by a program that takes it to another level.



Part 1 Self-Discovery

Our relationship with ourselves underpins our relationship with others and our World. Our Self-Discovery Stream stimulates greater awareness of how you are and can be.

You'll work on self-discovery, self-connection and self-development, plus a review, over four weeks, in a large group and in smaller groups. We hope it will be enjoyable and insightful.

You'll discover more of what you believe, how beliefs can get in the way, and how you can change them. You can discover how you can be more self-aware, deeply connected and transformational. Specific areas across the four sessions include:

Self-Awareness	Self-Connection	Self-Transformation	Self-Review
<p>What is going on for you now?</p> <p>What do you believe about yourself?</p> <p>What could you believe about yourself?</p>	<p>Where may you have disconnected from yourself?</p> <p>What stories do you tell yourself about yourself?</p> <p>How could you accept yourself?</p>	<p>How could you see yourself differently?</p> <p>How could you be more purposeful?</p> <p>What if you could let your old self go?</p> <p>What could you be?</p>	<p>What are you learning about yourself?</p> <p>How are you being different?</p> <p>What difference is that making?</p>

You will find your own answers to big life questions. This is an ongoing journey with more perspectives available as you continue to develop yourself.

All sessions are 60 minutes with an optional 30 minutes Q&A, starting at 5pm UK time (1pm Eastern US, 6pm Central Europe).

Self-Discovery is followed by Relationship-Development and Making a Difference, which make the 3-month Foundation Program. More at www.TheBigLifeCourse.com.



Part 2 Developing Relationships

Our ability to form relationships largely determines the quality of our life and work. In Part 2 of the Foundation we will discover how we can build more great relationships.

We'll understand why relationships sometimes flow and other times don't, and what we can do to flow. We'll understand relationship dynamics, development and repair.

As well as large group work, we'll get into small groups and really build relationships!

Specific areas across the four sessions is planned to include:

Relationship-Awareness	Relationship-Connection	Relationship-Transformation	Relationship-Review
<p>How do we build relationships?</p> <p>Why do they sometimes flow and may not?</p> <p>How do we want to bring to relationships?</p>	<p>What is the point of a relationship?</p> <p>What is trust and how do we build it?</p> <p>How can we connect more beautifully?</p>	<p>How do we handle conflict?</p> <p>Why do some relationships break down?</p> <p>How can we repair a bad relationship?</p>	<p>What are we learning about relationships?</p> <p>How are our relationships developing?</p> <p>Where have we more to do?</p>

You may feel we could all get better at building great relationships. If we could all at least get along, the world would look different.

All sessions are 60 minutes with an optional 30 minutes Q&A, starting at 5pm UK time (1pm Eastern US, 6pm Central Europe).

Relationship-Development is followed by Making a Difference, which together with Self-Development is the 3-month Foundation. More at www.TheBigLifeCourse.com



Part 3 Making a Difference

We may behave as though other people and the world itself are here to make us happy. However, Part 3 of the Foundation starts off with a life-changing question.

Would you like to make the world you affect, in your lifetime, a better place? If you answer yes, the whole game changes. You're here to serve, not to please yourself.

The point of the work on self and others, is to make a difference. The rest is child's play. That's why this is the culmination of the Foundation.

We'll work on what you want to accomplish, what that can look like, and what has to happen for that to happen. We'll verbalize and visualize. We'll see what can be done:

World-Awareness	World-Connection	World-Transformation	World-Review
<p>What is important to you?</p> <p>What do you believe about life and the world?</p> <p>What are you proud of accomplishing?</p>	<p>What do you want to accomplish?</p> <p>What is your purpose in relation to the world?</p> <p>What would show you have lived that purpose well?</p>	<p>What would you change if you could?</p> <p>How can you help to make that happen?</p> <p>What resource do you need to move forwards?</p>	<p>What are you learning about what you can do?</p> <p>How much clarity and momentum do you have?</p> <p>What are your next steps?</p>

Expect to be inspired and inspire others as you sense possible pathways.

All sessions are 60 minutes with an optional 30 minutes Q&A, starting at 5pm UK time (1pm Eastern US, 6pm Central Europe).

Making a Difference is the third part of the Foundation Program. We intend that it will be followed by a program that will enable you to reach another level. More to follow at www.TheBigLifeCourse.com.



The Big Life Course Framework

The Big Life Course is practical and works within a framework. Here's a brief intro.

We start with ourselves. For example, our ability to be calm. Or happy. Or anything. We accomplish everything in life via the self. That's the foundation, but it's not all.

We connect with others. We form relationships at work, at home and in community. We are social animals. Our ability to form great relationships is vital to success in life.

And we engage with some parts of a broader World. That's where we work. We can consider **Self, Others and World**. If acronyms help memory, we SOW!

How do we do this? The journey includes Acceptance, easy to say but harder to do. Acceptance of Self, with our failings, acceptance of others, and of our imperfect world.

Acceptance opens the door to Connection. As we accept, we can connect. As we connect, Transformation is possible: **Acceptance, Connection, Transformation**.

These aspects of life work together. We can see some of the interplay in a simple map.

World	Accepting our World	Connecting with our World	Transforming our World
↑ Others	Accepting Others	Connecting with Others	Transforming Others
↑ Self	Self-Acceptance	Self-Connection	Self-Transformation
	Acceptance→	Connection→	Transformation

Self, Others and World, mapped with Awareness Connection and Transformation

This might seem like a lot: it is! Essentially, it encompasses everything, and the shift from rejection to acceptance applies to virtually everyone. It is our journey.