



About The Big Life Course

This is the easiest way to develop yourself, build relationships and make a difference.

You'll learn easily, without stress, in weekly workshops, from your home or desk.

A new course starts each month, the first four workshops on How to Be Yourself, the second four on Build Brilliant Relationships, the third four on Making a Difference.

Each workshop includes life-changing exercises, practical ideas, and group discussions. You'll learn from the content, one another, and your own reflections. It's your life.

It's safe. You will build relationships but you're only joining by zoom. If you are ever not entirely comfortable, you can pause and turn off your video anytime.

It's fantastic value. At our prices, you are investing a few pounds in each life-improving workshop.

It's risk free. Sign up before the start of the month and your first workshop is free. If you don't want to go any further you can cancel at no cost.

It's for everyone. Customers include students and CEO's, executives and teachers, and it's global with people from Africa, Asia, America and Europe.

Check the schedule for the next dates and book yourself in.

The Big Life Course Limited

Registered in England & Wales Registration 12676468

Registered Address: 1st Floor, The Syms Building, Bumpers Way, Bumpers Farm, Chippenham, SN14 6LH, United Kingdom

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The Schedule

The next open course starts early next month. The times and dates are:

How to Be Yourself:

Tuesdays	1 – 22 September	4:55 – 6:30 pm
Thursdays	3 – 24 September	4:55 – 6:30 pm

Build Brilliant Relationships:

Tuesdays	6 – 27 October	4:55 – 6:30 pm
Thursdays	3 – 24 September	4:55 – 6:30 pm

Making a Difference:

Tuesdays	3 – 24 November	4:55 – 6:30 pm
Thursdays	5 – 26 November	4:55 – 6:30 pm

Put the dates in your diary and book yourself in here. If you see more than one option for a workshop, pick the one that works for you. We'll send you a link for each session. The journey begins.

If are already on a course, log in to check your upcoming dates.

If you want one for your organisation, check the organisations page.



THE BIG LIFE COURSE



What to Expect

The Big Life Course is the easiest and most enjoyable way to develop your team safely. It will help them be calm, build better relationships and make more of a difference.

Everything is online, centred on collaborative 90-minute weekly zoom workshops. The course is easy to book, scale and validate. There are no venue or travel logistics.

The Big Life Course is unique. Colleagues will find their own answers to how they can be, connect and make a difference. They will learn from themselves and one another. The learning is experiential and practical. Participants apply learnings immediately.

They'll become more aware of themselves, of what is going on for them, of what is important to them and why. They'll be able to change how they're feeling in minutes. They'll understand their professional and social relationships, and how to build them. They'll learn what has held them back. Essentially, they'll discover it's themselves.

In the first month, they work on developing themselves, in the second on building relationships, and in the third on how you make a difference. Four sessions for each. No preparation is necessary. Just a willingness to explore.

They will become calmer and more confident, enjoy better relationships, and be able to contribute more. The Big Life Course will help your colleagues lead a bigger life.

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How to Be Yourself

How to Be Yourself is the first part of The Big Life Course. In four weekly zooms, your colleagues will become more aware of what's going on for them and what they can do about it.

They'll be able to notice thoughts and feelings, and how they can change them. They'll realise they can accept themselves just as they are, and then change themselves too.

They'll enjoy it. Doing things like following breathing, watching thoughts and tuning into feelings, all on zoom, from wherever they are.

We'll work in one large group and in smaller break-outs for further exploration. People can be as open or otherwise as they want to be - all is safe. They'll discover they're not alone. We all have hopes and fears, and we all struggle sometimes.

They'll clarify what is important and how they can live it more fully. They'll discover they have been holding themselves back. They'll become more resilient, accepting that what we call successes and failures happen, and we can bounce back.

There are four 90-minute weekly zoom workshops in How to Be Yourself, and no travel. We won't tell people how to be, they will find out for themselves. It's their Big Life.

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Build Brilliant Relationships

Build Brilliant Relationships is the second part of The Big Life Course. In four weekly zooms, your colleagues will discover how to can develop more positive relationships. We'd all like to relate well and we'd all prefer better relationships to worse ones, at work, socially and at home.

Your colleagues will become more aware of one another, and how they are with each other. We're working by zoom throughout, so it's easy to connect, and it is safe.

They'll become more aware of who They're thinking about, how they can focus on others and how they can manage relationships.

They'll discover how we build relationships and how we can build better ones. We will identify what people want to give and receive in professional and social relationships.

We'll understand better why relationships sometimes goes badly, when it needn't and how we can improve difficult relationships, providing we are willing.

We'll work in one large group and small groups, where your colleagues will share as little and as much as they feel comfortable doing, while building relationships.

There are four 90-minute weekly zoom workshops in Build Brilliant Relationships. We won't tell your colleagues to build brilliant relationships, but you will experience it.

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Make a Difference

Making a Difference is the third part of The Big Life Course. In four weekly zooms, your colleagues will discover how they can make a bigger difference at work and in life. We all want to make the world we affect a better place: so how will we do it?

We make a difference in lots of ways. In the way we work, connect with friends and contribute to community, even with a smile. They'll discover how they can work better.

They'll notice things that need fixing, in work, community, and in social circles. They'll think about what is important to them and how you can live that difference. They will live life more on purpose.

We'll work in one large group and in smaller-break out discussion groups. They'll learn from some great ideas, their reflections, and one another.

They'll identify more opportunities to make a difference and sense where you can start. They will be more motivated, from the inside out.

There are four 90-minute weekly zoom workshops in Making a Difference, the last of which is a review of The Big Life Course. Your colleagues will see the difference in themselves.

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