

Change Your Story

8 WEEK COURSE

20 HRS OF FACILITATED LEARNING

15 HRS SELF-DIRECTED PRACTICE

*This course actively improves
positive mental health
& wellbeing for
happier & healthier lives.*

"I really enjoyed it and found aspects of the course really interesting and useful"

"This course has given me clarity. It has given me the confidence to do what is right for me."

After 8 weeks there was measurable change in participants*

* Warwick Edinburgh Scale of Wellbeing

Emotional Wellbeing.

On average a 7-point increase from

42 to 49.

(The average in England is 52.)

"I found a sense of wellbeing on this course, a sense of peace which lasted throughout the week."

"I have had a very low mood in the last few days and I just felt my mood lift"

100%

Participants said the course had given them

New Skills & Techniques

to better understand themselves.

100%

Participants said the course had helped them

Meditation encourages concentration, clarity, emotional positivity & a calm seeing of the true nature of things, helping cultivate new, & more positive ways of being.

Stories have power. They teach us how to face the world around us. They can help listeners and readers to find courage to face challenges in daily life.

Mindfulness teaches you to recognise your thoughts and worries and to react differently. It allows you to see that a thought is a thought and not part of your core self.

NLP teaches us to change the way we perceive our environment and can transform bad habits and unhelpful behaviours.

“Life is quite different now to when I started the course. I’ve just started doing an art course and have made a quite big decision around work and am looking to start my own business.”

“I’m thinking of applying for a job and have found a vacancy that would suit me.”

Over **90%**

*participants continued to practice
Mindfulness outside the group*

Over **90%**

*found this course helped them learn new skills &
to understand themselves better*

“This course has been a bit of a revelation. I have a really stressful job. I am social worker dealing with child protection.

I used to have daily struggles with anxiety and insomnia and feel stressed about work. Now I leave work at work and have clear boundaries between work and home. I do the basic breathing techniques and both my anxiety and insomnia have greatly reduced.”

100%

*Participants would recommend this
course to a friend.*

“I found a sense of wellbeing on this course, a sense of peace which lasted throughout the week.”

What Next?
“Possible career change and lots of other adventures”

“Thank you for offering this course, it has actually improved my life so much and therefore the lives of all I come into contact with”



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