

## 12 Session Spectra Green Life Balance Programme

Day Time Location	Topic	Guest Speakers
Session 1	Life Review	
Session 2	Personal Happiness and Choices	
Session 3	Achieving a Balanced and Happy Life	
Session 4	Overcoming Barriers to a Balanced and Happy Life	
Session 5	Time Management and Personal Organisation	
Session 6	Relaxation Techniques	
Session 7	Interests and Hobbies	
Session 8	Adventure and Fun	
Session 9	A Good Night's Sleep	
Session 10	Looking After Yourself	
Session 11	The Cost of Living	
Session 12	Earning a Living	