

12 Session Spectra Indigo Mental and Emotional Wellbeing Programme

Day Time Location	Topic
Session 1	Mental Wellbeing Aspirations and Motivations Visualising personal success
Session 2	Emotions and Feelings
Session 3	Emotional Self Awareness
Session 4	Personal Goal Setting
Session 5	Mind Power
Session 6	Positive Thinking Techniques
Session 7	Problem Solving and Decision Making Skills
Session 8	Dealing with Negative Emotions and Feelings
Session 9	Creative Thinking
Session 10	Learning and Mind Maps
Session 11	Food and Mood
Session 12	Building Self Belief and Confidence