

12 Session Spectra Purple Spiritual Wellbeing Programme

Sessions	Topics
Session 1	Personal Aspirations and Motivations Visualising personal success
Session 2	Self Belief
Session 3	Personal Goal Setting
Session 4	Personal Beliefs
Session 5	Personal Drivers
Session 6	Personal Power
Session 7	Developing a Positive Self Image
Session 8	Overcoming Fears , Negative Thoughts and Feelings
Session 9	Developing Courage and Resilience
Session 10	Personal Freedom and Choice
Session 11	Self Management
Session 12	Building Self Confidence