

# VETERANS MOVING FORWARDS: BUILDING A BRIGHTER FUTURE

Co-designed by Veterans for Veterans

## Course Aim

To provide you with the opportunity to gain clarity about your direction in life, develop tools and strategies to help you commit to action and make progress towards your brighter future.

The course is split into 6 x 3.5 hour modules, run over 6 consecutive weeks.

1. Introductions, Ways of Working and Individual Aims.
2. The Military Mindset: understand how the human mind works and the impact of how your mind is shaped by your experiences.
3. Breathe, Sleep, Move: review your health and wellbeing and the positive changes you can make to your lifestyle.
4. Learning to prioritise, plan and make good decisions: learn and apply different tools to help you review your priorities and set actions.
5. Overcoming obstacles to your progress: recognise barriers to change and discover the benefits of thinking / planning ahead and review and reflection skills.
6. Sustaining positive change: Refresh and recap on your learning, review your support networks and develop an action plan for your future.



## Course Highlights include:

- Understanding the impact of your military service on your current situation.
- Gaining perspective and clarity about your life's direction.
- Sustaining positive change.

## Benefits of this course include:

- Tools and techniques to help you navigate life's challenges and implement positive change.
- Learning useful strategies to help you improve your own wellbeing.

Our Recovery College Staff and Peers have been trained by Help for Heroes to deliver this course.

To register for this course please contact: **Tel 01375 809708** or email **thurrockcollege@mpft.nhs.uk**

## Upcoming dates and times:

**4, 11, 18, 25 June, 2 and 9 July from 12:30 - 4pm**

[www.recoverycollege.inclusionthurrock.org](http://www.recoverycollege.inclusionthurrock.org)

- The course is running in partnership with 2 other colleges in London, Islington