

Helping your teenager Live Life to the Full



Are you a parent or guardian of a teenager?

Do you want to both understand the challenges they face, and learn skills you can use to help them make helpful changes in life?

At Living life to the full, we understand that your child's wellbeing is your top priority. That's why we're excited to offer parents/carers/guardians our newest program, designed to equip your teenage child with the essential life skills they need to thrive.

Nearly 1 in 3 young people struggle with low mood and stress. Living life to the full (LLTTF®) is an evidence-based and award-winning life skills programme that is offered in the UK, Ireland, North America and Asia.

We will provide you with cognitive behavioural therapy (CBT) - based workshops and tools you can use to help your child learn how to overcome challenges, manage stress, and help give your child the gift of resilience.

Don't miss out on this opportunity to invest in your child's future. Sign up for our programme today and give your child the tools they need to live life more fully!

NB: This course does not provide personal counselling, advice or treatment. It is an educational event teaching CBT-based life skills that can be widely useful for young people and their parents/guardians and which address many of the life challenges we can all face from time to time.

The course:

1. TWO HOUR LIVE ONLINE WORKSHOP

The session covers how you can help your child:

- Understand their feelings.
- Choose activities that make them feel better.
- Respond differently to worries and learn how to manage upsetting thoughts more helpfully.
- Use a practical relaxation/mindfulness approach to settle their mind and body.

Opportunity for Q+A about the topics covered.

2. PLUS 3 ADDITIONAL CLASSES – EACH LASTING 90 MINUTES TO HELP YOU DISCOVER ADDITIONAL WORKSHEET TOOLS TO USE WITH YOUR CHILD.

Topics covered: Building assertion, Cope better with irritability and anger, Facing fears and tackling avoidance, Building confidence and more ...

+ Q+A: Submit your anonymised questions in advance.

Written by: Professor Chris Williams, Emeritus Professor of Psychosocial Psychiatry University of Glasgow. Professor Williams has twice been President of BABCP - the lead body for CBT in the UK, is a Fellow of the Royal College of Psychiatrists and Honorary Fellow of BABCP. He is Director of Five Areas Ltd and principal author of the Living life to the Full resources.



3. PLUS ACCESS TO ADDITIONAL WEB RESOURCES AND MODULES FOR 12 MONTHS FOR UP TO 3 FAMILY MEMBERS COVERING:

Understanding your child's feelings, Planning effective change, Practical problem solving, Noticing and Changing unhelpful thoughts, Relaxation skills using tension control training, Doing things that make you feel better, Facing fears and tackling avoidance, Building inner confidence, Asking for what you need, Overcoming irritability and anger, Helping your child get a better nights sleep, The things your child does that helps, Reducing unhelpful behaviours and more.

Session details:

Session 1 (2 hrs) via Zoom. **Sessions 2-4 (1.5 hr each)** via Zoom.

A total of 6.5 hours of live content plus self-directed online learning resources that includes 12 months access to over 10 online books, training modules and worksheets.

Price: Introductory offer £165. Afterwards £195.00. All prices include VAT.

Discounts and offers:

Want to come with a spouse, partner or co-carer? A second place is available at just £65.00 - a massive £100 saving if booked at the early bird rate.

Course book: Living in the UK? Book a place and receive a printed copy of the combined LLTTF for young people book. UK addresses only.

To enquire about dates or book a place:

Visit www.lltff.com/training or contact orders@lltff.com

We look forward to seeing you there!

Waiting list intervention?

Working in health, social care or education and want to arrange this service for parents you are working with? **Contact office@lltff.com**

NB: to access the live course and web resources you need to have a reliable web access, a means of accessing zoom (phone, computer, tablet) with audio, video (if preferred) and a microphone.

Disclaimer: The course and resources are not intended to be a direct substitute for consultative advice with a health care professional. Nor do we give any assurances of it's effectiveness in a particular case.

**Building
wellbeing
skills for life**



Community Wellbeing Series

Helping your teenager **Live Life to the Full**

Online course resources

Topic	Contents
UNDERSTANDING YOUR CHILD'S FEELINGS	Your child- and we sometimes feel happy, relaxed and enjoy life. At other times pressures build and they or we may feel stressed, low, frustrated or angry. Discover why this happens- and how to move from a vicious cycle of low or anxious mood, to feeling better.
PLANNING EFFECTIVE CHANGE	"I'll do it later" is a phrase familiar to every parent. Discover a straight forward and effective Plan-Do and Review approach that helps your child plan effective change- learning all the way.
PRACTICAL PROBLEM SOLVING	Your child- and we – often feel like we do because of things going on around them. Find out how they can plan to overcome practical life events and challenges that can build up and seem overwhelming, using the Easy 4-Step Plan.
NOTICING UNHELPFUL THOUGHTS	Unhelpful thoughts make your child feel worse – low, stressed, angry, guilty or ashamed. They can also worsen how they feel physically – sleeping poorly, feeling tense or exhausted, and cause them to react in ways that add to their problems. Help your child spot these problem thoughts so they can choose to respond differently.
CHANGING UNHELPFUL THOUGHTS	Once your child has spotted an unhelpful thought, help them experiment with our Amazing Unhelpful Thought Busting Program to label it, leave it, stand up to it, be kind to themselves, and look at it differently.
RELAXATION SKILLS USING TENSION CONTROL TRAINING	Tension Control Training teaches your child how to move their mind away from upsetting thoughts by moving their focus round their body, and finally using the words Calm, Control to focus their mind on a lovely place of calm.
DOING THINGS THAT MAKE YOU FEEL BETTER	Doing certain activities can help your child feel better. Discover what these activities are and how to encourage them in your child's life.
FACING FEARS AND TACKLING AVOIDANCE	Young people avoid things that seem scary. This further undermines their confidence. Help your child plan ways of rebuilding their confidence one step at a time.
BUILDING INNER CONFIDENCE	Discover the origins of confidence, and how your child can become aware of their strengths as well as their weaknesses, and become kinder to themselves in the process.
ASKING FOR WHAT YOU NEED	Help your child discover more about passive, aggressive and assertive behaviour. This includes the 12 rules of assertiveness, and a method to help them say no - as well as asking for what they need.
OVERCOMING IRRITABILITY AND ANGER	Young people often respond irritably. Help them discover a three-step approach to help them notice what pushes their buttons, spot early warning signs of anger rising, and respond more helpfully, using a 1,2,3 Breathe approach.
HELPING YOUR CHILD GET A BETTER NIGHTS SLEEP	Help your child set up a healthy sleep-wake cycle, using daylight to re-set their body clock, wind down for bed, and respond helpfully in the face of insomnia.
THE THINGS YOUR CHILD DOES THAT HELPS	Your child may want to respond in ways that help - but isn't sure what to do. This session helps them discover activities that are known to enhance life, helping lift mood, calm stress and get a better balance to life.
REDUCING UNHELPFUL BEHAVIOURS	Some activities such as social media, gaming, risk taking, comfort eating and more can be fun – but each can get out of hand causing problems for your child and often for those around them. Discover a range of unhelpful behaviours, and also how high standards can backfire for your teenager as well.