



# Choices for Success



## Are your thought patterns making you feel....

Sad or Mad? Stressed? Depressed? Worthless? Frustrated?

### Our workshop might be just what your looking for.

- Our aim is to help you recognise and think about the way that you interpret input and the world around you.
- You will learn to recognise your own thought patterns which is the first step in gaining control.
- You will also learn new skills to maintain your progress and ideas towards goal setting.

“Realising that it’s possible to be OK with things that have happened and it’s possible to change the way I handle bad times”

“Showed me ways to stay positive and think differently”

“I feel great about what I’ve learnt, I love it”

“Taught me to do things that matter the most to me and it doesn’t matter what anyone else thinks”

“Helped me to figure out ways to control negative thinking”

### Your next Choices for Success workshop will be held:

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Location: \_\_\_\_\_

**Please see your Pathway Coach to reserve your place in the workshop.**