

## Book onto a course

Free of charge! Limited places, please book early via [office@purleybaptist.org](mailto:office@purleybaptist.org) or 020 8668 0422

### Who's delivering the courses?

Positive Life Courses started in 2018. Nick Waters (an experienced trainer, passionate about personal development and knowledge sharing) delivers the courses with a team of trainers. Course material is based on authoritative books; however, the key to success lies in the trainers' enthusiasm to share their life experiences and illustrate key points with practical examples.

**Purley Baptist Church**

**Banstead Road, Purley CR8 3EA**

Courses held in the Cube Training Room

[www.positivelifecourses.com](http://www.positivelifecourses.com)



## Boosting Life Skills

### 2024 & 2025



Providing knowledge and tips to boost life skills... and have a 'Positive Life'.

**Wellbeing - Relationship Skills - Health**

## Positive Life Courses: 2024 & 2025

Each course explains the main issues, provides possible solutions and helps us discover possibilities for change.

### Wellbeing

- 1| How to boost motivation & self-confidence, make effective decisions
- 2| How to be a highly effective person

### Relationship Skills

- 3| How to understand people and establish a strong connection
- 4| How to be a highly effective relationship builder with all types of people
- 5| How to cope with conflict and difficult people

### Health

- 6| How to get a good night's sleep every night
- 7| How to be healthy with the right food and drink

### Comments from course attendees

"Sessions are well run, informative and fun. Every session includes teaching, relevant anecdotes and Q&As... with excellent handouts. These courses have been invaluable in all aspects of my life". TW

"The courses are so valuable and practical. I loved the interaction and atmosphere in the room. Learning was fun and life-transforming." SS

"The courses made me think. I've tried some of the tips and they really work! I think most people will benefit from them." EM

"Great courses, really inspiring. Thank you for the insight, encouragement and wisdom shared." SR

"The course helped me accept my personality traits and explore personal development opportunities. If you want to know more about yourself and why you behave the way you do, a *Positive Life Course* is what you need." SS

"The courses uplifted me, one handout is on my wall to help cheer me up! They taught me how to replace negative thoughts with positive ones. Being Positive is powerful. I fully recommend them." BH

"Many thanks for an excellent course ... so useful, especially for the workplace and general social interactions." RJS

"... one of the best courses I have been on. Excellent, well worth attending." JN

"*Positive Life Courses* have really helped to fill some gaps in my knowledge and skills." JA

"The course was stimulating, informative, well-structured, with good teaching and plenty of opportunities for Q&A. It was life-changing!" LW

### 1| Boosting Life Skills: An Introduction (BLS)

*How to boost motivation & self-confidence, make effective decisions* [7-week course]:

**Mondays 7.30-9.30pm** 2024 Apr: 8, 15, 22, 29, Jun: 3, 10, 17  
2025 Jun: 30, Jul: 28, Aug: 4, 11, 18, Sep: 1, 8

**Wednesdays 10am-12pm**

2025 Jan: 8, 15, 22, 29, Feb: 5, 26, Mar: 5

How to:

- boost motivation & self-confidence, set and achieve goals
- cope with change, challenges, criticism and rejection
- make effective decisions.

Mainly based on the books: *Confidence Pocketbook*, Gill Hasson; *Personality Plus*, Florence Littauer; *Positive Personality Profiles*, Robert Rohm; *365 Days of Positive Self-Talk*, Shad Helmstetter; *See You at the Top*, Zig Ziglar.

### 2| Boosting 7 Highly Effective Characteristics (B7HEC)

*How to be a highly effective person* [3-week course]:

**Mondays 7.30-9.30pm** 2024 Feb: 12, 19, 26  
2025 Jun: 9, 16, 23

**Wednesdays 10am-12pm** 2025 Jun: 18, 25, Jul: 2

How, in a highly effective way, to:

- approach problems
- check we're going in the right direction and manage time
- get agreements, collaborate, listen.

Mainly based on the book *7 Habits of Highly Effective People* by Stephen Covey.

### 3| Boosting Relationship Skills: An Introduction (BRS)

*How to understand people and establish a strong connection* [7-week course]:

**Mondays 7.30-9.30pm**

2024 Sep: 30, Oct: 7, 14, 21, 28, Nov: 4, 11  
2025 Oct: 27, Nov: 3, 10, 17, 24, Dec: 1, 8

**Wednesdays 10am-12pm**

2024 Jan: 10, 17, 24, 31, Feb: 7, 28, Mar: 6  
2025 Mar: 19, 26, Apr: 2, 23, 30, Jun: 4, 11

How to boost the top 20 skills needed to effectively relate with people through:

- listening & fully engaging in conversations
- recognising & using body language
- mastering assertiveness skills.

Mainly based on the books: *How to Start a Conversation and Make Friends*, Don Gabor; *How to be People-Smart*, Les Giblin; *The Definitive Book of Body Language*, Allan & Barbara Pease; *Assertiveness at Work*, Ken & Kate Back; & a talk by Rick Warren entitled *10 Steps to De-escalate Conflict*.

### 4| Boosting Highly Effective Relationship Characteristics (BHERC)

*How to be a highly effective relationship builder with all types of people* [4-week course]:

**Mondays 7.30-9.30pm** 2025 Feb: 3, 10, 17, 24

**Wednesdays 10am-12pm** 2024 May: 1, 8, 22, Jun: 5

How to build *all* types of relationships by:

- boosting characteristics key to all relationships
- advancing listening skills
- working with personality style differences.

Mainly based on books: *Love As A Way of Life*, Gary Chapman; *The Five Love Languages*, Gary Chapman; *The Marriage Book – How to build a lasting relationship*, Nicky & Sila Lee; *Personality Plus*, Florence Littauer; *Positive Personality Profiles*, Robert Rohm.

### 5| Handling Conflict & Difficult People (HCDP)

*How to cope with conflict & difficult people* [4-week course]:

**Mondays 7.30-9.30pm** 2025 Mar: 17, 24, 31, Apr: 7

**Wednesdays 10am-12pm** 2024 Jun: 12, 19, 26, Jul: 3  
2025 Sep: 24, Oct: 1, 8, 15

How to:

- de-escalate conflict
- restore relationships
- better handle anger & 21 types of difficult people.

Mainly based on the book *Powerful Phrases for Dealing with Difficult People*, Renée Evenson; a Fred Pryor seminar entitled *How to Handle Difficult People* and a series of talks by Rick Warren entitled *De-escalating and resolving conflict*.

### 6| Boosting the Benefits of Sleep (BBS)

*How to get a good night's sleep every night* [2-week course]:

**Mondays 7.30-9.30pm** 2024 Nov: 18, Dec: 2 2025 Apr: 14, 28

**Wednesdays 10am-12pm** 2024 Apr: 17, 24 2025 Dec: 3, 10

- Good sleep 'hygiene' & sleep strategies.
- Tackling insomnia.
- The impact of not getting enough sleep.

Mainly based on the books: *Why We Sleep*, Matthew Walker; *Sleep - Harness the power of sleep for optimal health & wellbeing*, Petra Hawker.

### 7| Boosting Our Health by Eating & Drinking (BOHBEAD)

*How to be healthy with the right food & drink* [2-week course]:

**Mondays 7.30-9.30pm** 2024 Aug: 5, 12 2025 Jan: 13, 20

**Wednesdays 10am-12pm** 2024 Sep: 25, Oct: 2  
2025 Nov: 5, 12

- De-mystify guidance on what food & drink will keep us healthy.
- Learn about losing weight & keeping it off.

Mainly based on the books: *Food for Life*, *Spoon Fed* and *The Diet Myth* by Prof. Tim Spector; *Eat More, Live Well*, by Dr Megan Rossi and *The Fast 800* by Dr Michael Mosley.