



The Big Happiness Experiment CIC is Buzzing To Share A New Programme THAT WILL HELP YOU HEAL FROM MENTAL & EMOTIONAL DISTRESS, ONE CHOICE, ONE CHANGE AT A TIME.



Project Me – Fourteen Week Course Overview

Please note that this course MUST be attended each week, (with the exception of illness etc) and IS NOT a 'pop in' support group. Throughout the 14 weeks, all participants will be required to complete their weekly experiments, which range from practicing tools and techniques, completing exercises, tasks and challenges, and spending time learning and processing the information on the fully functional online course that sits alongside, and supports the group sessions each week.

14-week group programme with additional individual support, extensive online resources & an extensive toolkit of practical tools and techniques.

Week One – **Freshers Week** – Personal interviews with Jules Mitchell, baseline assessments completed & access given to online portal (2 hrs)

Week Two – First group session – **Module One – Navigating Your Nervous System**
***Understanding The Three Elements That Drive Your Protective Personality** - Wednesday 9-30am – 12-15pm

Week Three – Group session – **Module Two – Hello Human** ***Understanding The Alarm Mode of The Brain** - Wednesday 9-30am – 12-15pm

Week Four – Group session – **Module Three – It's Time To Be Big Headed** ***Introducing The Three Modes of Your Mind** - Wednesday 9-30am – 12-15pm

Week Five – Group session – **Module Four – Charting New Territory** ***Mind Mapping, Habits & Reprogramming Your Internal Navigation Settings** - Wednesday 9-30am – 12-15pm

Week Six – Group session – **Module Five – 'Big Selfing' & Future Proofing** ***The Fundamentals of Self Worth** - Wednesday 9-30am – 12-15pm

Week Seven – Group Session – **Module Six – The Big Belief Inventory** ***Understanding Our Terms & Conditions (Belief Systems Explained)** - Wednesday 9-30am – 12-15pm

Week Eight – Group session – **Module Seven – Sticking Points; The Subconscious Scars of Trauma** ***The Three Pathways of Traumatic Encoding** - Wednesday 9-30am – 12-15pm

Week Nine – Group session – Module Eight – **S.T.U.C.K.*Unravelling Subconscious Sabotage Programmes & Understanding Stuck On High (Hyperarousal) & Stuck On Low (Hypo arousal)** - Wednesday 9-30am – 12-15pm

Week Ten – Group session – Module Nine – **Balancing The Brain *Being A Bilateral Baddass By Bringing Harmony To The Brain Body System** - Wednesday 9-30am – 12-15pm

Week Eleven – Group session – Module Ten – **Affairs of the Heart *How to Cultivate Emotional Dexterity** - Wednesday 9-30am – 12-15pm

Week Twelve – Group Session – Module Eleven – **Big Self Sustainability *Nuerocising 101-** Wednesday 9-30am – 12-15pm

Week Thirteen – Group Session – Module Twelve – **Celebrate, Good Times, C'mon *Awards Ceremony & How To Walk Purposefully On the Path of Presentism.**

Week Fourteen – **Review Meetings Week** - Personal interviews with Jules Mitchell, reviewing progress, completing assessments & formulating next steps for Individualised Big Life Map. Access given to Online Maintenance Programme. (2hrs)

Enquiries can be made by either email, phone or via the online enquiry form found on the Project Me website: www.project-me.online



Creating a Buzz in our Community, Empowering People To Choose Their Change

"WHAT'S THE BEST THING THAT'S HAPPENED TO YOU IN THE LAST 24 HOURS?"

(CLUE- Waking up was pretty awesome!)

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