

FREQUENTLY ASKED QUESTIONS – POSITIVE LIFE COURSES

Who can attend courses?

 Everyone is welcome. All ages, backgrounds, experience levels

Do I need any qualifications or previous knowledge?

 No. Courses are designed to be easy to understand, suitable for everyone

How much do courses cost?

 The courses are free

How long do courses last?

Courses usually run for 1 to 7 weeks.  Sessions usually last ~2 hours

How are the courses delivered?

 In-person at local Delivery Centres. Sessions include:

 exploring ideas in course material

 group discussion

 sharing experiences.

Delivery Centres run one or more of our courses

Who covers the cost of running local courses?

Delivery Centres handle all practical arrangements (& costs), including (if applicable) venue costs, printing, refreshments & other operational expenses

Why do we think a course format is the best way to learn?

 We believe people learn best when they share ideas, ask questions & learn from each other's experiences

What is a Host?

 Hosts run courses within a Delivery Centre (including a home setting). They help guide a course.

They highlight ideas from the course material & encourage discussion:

✓ No qualifications/training required ✓ No experience needed

✓ Knowledge is in the course material ✓ They are volunteers

✓ They help people explore ideas ✓ They support their community

Can I help run a course?

 Yes. Anyone interested in sharing knowledge and helping others to learn can become a Host.

We give course materials & support

What's the source of course material?

Courses share ideas in reputable books & trusted websites, distilled into a clear & practical course format so the  knowledge is easy to understand & apply