



My e L.I.F.E.[®]

Learning Independence ForEver





What We Believe



We believe that everyone, regardless of who they are, has the right to live in a way suited to their choice and is independent and dignified

That with the right support, framework and by promoting independence anyone can reach their level of independent living

Who we are?



The My LIFE Programme is an innovative new approach in supporting adults with the aim of living independently

The My LIFE programme was designed to prepare its learners to live an independent life.

Empowering them with the skills, knowledge and courage in personal learning journey.

Our goal is to equip our learners with the necessary living skills to live an sustained independent and dignified life





What We've Achieved



2011 Essex Business Awards
Winner of: Business innovation



2010 Thurrock awards:
Winners of: New Company
Education & Life Long Learning



What We've Achieved



2011/12 National Accolade:
Winners of:
Most Effective New Approach
Winner of the Winners



2012 Essex awards:
Winners of: Staff Training
And Development



What We've Achieved

Moving two learners
into independent living
and having a third in
transition





Hallmarks of Success

My L.I.F.E. programme is a journey, not a race!

My L.I.F.E. programme is about quality, not quantity!

My L.I.F.E. programme is to enjoy!



Delivery of the My L.I.F.E programme



Example of an Exercises. Confidence Building



Cognitive Behaviour Therapy

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