



Just think... course – more information

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What is just think...?

These days we all lead busy lives, and live in a complex world where there are lots of influences and pressures on us to do certain things, think certain ways or be certain types of people.

Many of us never really get the chance to pause for a moment and step back from our lives, and think about what really matters to us and how we want to live. So we've developed just think.

Just think... is a Life² course is undertaken by a group of up to 8 people, including a founding member who will receive a briefing pack from Life², which gives the group all the information and guidance it needs to run the course.

Over the course, each participant will be helped to draw up their own action plan to help them move towards the life they want, and along the way will be encouraged to reflect on their lives and discuss their thoughts with each other.

A key point of 'just think..' is that it aims to give people the structure, information and tools to make their own decisions - it isn't a religious scheme and it's not trying to brainwash you!

In the first couple of weeks we'll be introducing you to each other and reviewing where you are now in your lives. We'll also be giving you some information to encourage you to stand back from your day to day lives and see them in a wider context. This initial process of 'standing back' will be relevant to everything that follows in the course.

We'll then give you the chance to look at your values in life for a couple of weeks – in other words, how you think you should treat other people and all those other things in the world that are external to you. This will include reviewing what your values are and how you can live in a way that's consistent with these values. Finally, after this, we'll look at your priorities in life for a couple of weeks – in other words, the things that are more internal to you, such as what you want out of life and how you should treat yourself. This includes reviewing what your priorities in life are and how you can live more consistently with these.

Below is a summary of the 8 weeks of the taught course:

Week 1 - Our place in the universe

Week 2 - Our lives in the modern world

Week 3 - What are my values?

Week 4 - My values in the real world

Week 5 - My values – action plans / My life priorities – introduction

Week 6 - What are my life priorities?

Week 7 - How to live the life I want

Week 8 - Wrapping up and next steps

Within the course, participants take themselves on a couple of 'personal retreats' to enable them to stand back from their lives and consider what they really care about and want from life.

The initial taught phase of the course lasts for 8 weeks, and we encourage the group to stay together after this to support and encourage each other to keep putting their action plans into place.

How does just think... work?

To do the course, you just need to get together a group of up to 8 people including a founding member who will receive a briefing pack from Life², which gives the group all the information and guidance it needs to run the course. The group meets every week for a couple hours at the times and places that you choose – perhaps round each other's houses in the evening. And together you work through the syllabus in the briefing pack.

The course is run from a series of videos on the DVD, presented by Richard Docwra. In these videos he will give you information and set tasks for your group, like a normal tutor or facilitator. Each week's session will include maybe 4 or 5 of these short videos – so your group will sit round the TV to watch a video, and you'll then do a task together that Richard

has set on the video. These tasks will include a mixture of group discussions, work in pairs and time on your own. At the end of each task, you'll sit together again and watch the next video, and so on. Each week's session is no more than 2 hours long, and you get a 15 minute break in the middle to have a cup of tea and refresh your brain!

After the 8 week taught course ends, your group continues to meet regularly (once a month), and you each continue to review and update your own action plans, and continue to help and support each other in making changes to your lives. Throughout this process, you and your group will regularly review the progress you are making and the tangible results you are achieving.

What does being a founder involve?

It's easy! The first participant in each group is called the founder, and they register themselves and the new group with JT. The founder's main role is to keep details of the group updated on the JT site and to make sure that the first group session happens. They might also help to gain participants for their group by telling their friends or advertising it locally.

And that's about it! Although the founder might well host and chair the first session, the idea is that the roles (such as hosting and chairing sessions) will be circulated within the group, so the founder does not have to do all this themselves. Also, there is nothing nerve-wracking involved in chairing a session – all instructions are given in videos, so there are no 'facilitation skills' needed – just an ability to tell people when the time is up on a particular task!

We want to encourage people to set up new groups, so when someone sets up a new group as the founder member, we'll pay them £30 for every person they recruit to their group, subject to a few simple conditions – see the [FAQs](#) section for details. You could earn up to £200 for each group you set up, and you can set up as many groups as you like!

Benefits of just think...

The course *could* help you to change your life. It'll help you to think about who you are, what matters to you and what you want from life. It will help you to identify how you can live in a way that is more consistent with both your values and priorities in life. Overall, it could help you to take control of your life and live the life that's really 'you'. But taking the actions will be down to you. At the very least, the course gives you a chance to stand back and reflect on your life, learn a little bit about the world around you, have fun and make some new friends.

Here are some thoughts from previous participants:

"The course has been really useful in reflecting and focussing on my life and making practical plans to work towards a future I hope to realise"

"I have thoroughly enjoyed the course and I have not only made changes [to my life] but now have definite aims and goals as well as differing perspectives on important issues"

See the [JT introductory video](#) on the Life² website for more feedback from previous participants.

Cost

It costs just £75 per person to do just think... - this is cheaper than many evening classes, and we're trying to keep the prices low so that as many people as possible can take part and benefit from it.

The founder pays for their place when they order a briefing pack, and the other participants pay for their places individually, only on the Life² website, at www.lifesquared.org.uk.

How to take part

It costs just £75 per person for a place on just think... - this is cheaper than many evening classes, and we're trying to keep the prices low so that as many people as possible can take part and benefit from it.

There are two ways you could get involved:

1. Start a new group

It's really easy to start a just think... group - simply order a briefing pack from Life² from the 'Just think...' page. The cost will include your place on the course. By ordering the pack, you will have registered for a place on the course and agreed to the [terms and conditions](#). Then, recruit some people to join your group – these could be friends, family, or anyone. When you've got up to 8 people registered with us, you're ready to get started!

Obviously, people are not allowed to participate in the course unless they have paid and registered on the Life² website to do so.

As an added incentive to get you to set up new groups, we'll pay the founder member £30 for every person they recruit to their group, subject to a few simple conditions – see the [FAQs](#) section for details. You could earn up to £200 for each group you set up, and you can set up as many groups as you like! See [FAQs](#) for more details on how to set up more than one group.

2. Join someone else's group

If you'd like to join a group that someone has started, just visit the JT section of the Life² website. Then, identify the JT group you want to join, pay for a place on it, and then you're registered and ready to go!

Just think... for organisations and schools

We can offer adapted versions of the just think... course that can be offered to staff within organisations (possibly as part of a staff development programme) or to school or college pupils (possibly as a component of their personal development education). Contact us at info@lifesquared.org.uk to find out more.

FAQs

Before you sign up, you may want to know a bit more about the scheme. Below, we've listed some answers to key questions. If you have any other questions before you make a booking, please get in touch with us at info@lifesquared.org.uk.

How does JT work?

JT is a scheme that is undertaken by small local groups of up to 8 people each, and each group has a self-appointed group founder. It begins with an informal self-taught 8 week course where the participants (both as a group and together) review certain aspects of their lives. During the course, they help each other to each develop their own action plans to make positive changes to their lives.

After the taught course ends, the group continues to meet regularly (once a month), participants continue to review and update their action plans, and continue to help and support each other in making changes to their lives. Throughout this process, participants and groups regularly review the progress they are making and the tangible results they are achieving.

What does being a founder involve?

It's easy! The first participant in each group is called the founder, and they register themselves and the new group with JT. We will send the founder a briefing pack which contains all the group needs to do the course, plus a registration number for your group. The founder's main role is to keep details of the group updated on the JT site and to make sure that the first group session happens. They would also help to recruit participants for their group by telling their friends or advertising it locally.

And that's about it! Although the founder might well host and chair the first session, the idea is that the roles (such as hosting and chairing sessions) will be circulated within the group during the course, so the founder does not have to do all this themselves. Also, there is nothing nerve-wracking involved in chairing a session – all instructions are given in videos, so there are no 'facilitation skills' needed – just an ability to tell people when the time is up on a particular task!

How can I earn £30 for each new person I recruit?

We will pay the founder member of each group £30 for each member of the group they have recruited who completes the 8 week taught course. This offer is only available to the founder member of a group – i.e. the person who ordered the briefing pack. Each member of the group must register with, and pay, Life² for a place on the course. We will provide the payment once we have received the briefing pack back from the founder, as well as

completed end of course reviews and action plans from each member of the group.

Can I set up more than one group?

Yes! In fact, we encourage you to do so! If you've enjoyed the experience of setting up a JT group, taking part and earning a little extra income, why not set up some more? You don't have to do the course yourself again each time – just recruit up to 8 people to do each group and attend the first and last sessions of the 8 week taught course. You'd be chairing and hosting the first session as you normally would as founder, just to get the group comfortable and organised.

If you're setting up a new group as a 'non-participating founder', just order the version of the briefing pack without the course place. We charge a deposit of £25 for the pack, which you will get back when you return it to us at the end of the course. When we send you your briefing pack, we will set up a new registration number for that group. You can then start recruiting for this new group and getting people to register and book at www.lifesquared.org.uk.

Where will the course take place?

That is up to the group! The founder member will find a venue for the first session, but after this the group will need to find venues for the remainder of the course. We encourage you to meet at relaxed, informal locations where you can watch the short videos on the DVD together and discuss things together in comfort and peace. The ideal venues for JT sessions are therefore participants' homes, but if this is not possible you can be creative and find other venues.

How much time will I need to commit?

1. Meetings - during the taught phase of the course, groups will meet for two hours once a week. Groups will agree on which days and times to meet.
2. Homework – in general you will need to do around 2 hours of homework each week. This may increase a little in certain weeks, but it will be pleasurable activity!

How long does it last for?

The taught part of the course lasts for 8 weeks. After this, your participation in your JT group lasts for as long as you find it useful, but we'd suggest trying to implement your action plans and be involved with your group for a minimum of 6 months, just so you've had a real chance to make some changes in your life.

Commitment to your group is really important at JT, as it bonds people together and enables you all to get the most out of it. So, if you sign up for JT, we ask for your full commitment to the course, the homework and to fitting in time for the meetings, at least for the duration of the taught course.

Will I need any equipment to do JT?

You will need access to the internet to fill in your action plans, monitor your progress, receive communications from JT and communicate with your fellow participants. You will also need access to a printer to print your plans each week.

Will Life² provide any support?

Just think... is a self-taught course, and this means your group will be responsible for getting

through the course itself, including sorting out internal issues and deciding on how to interpret particular tasks and questions during each session. We are there to help you though, and we offer each group founder the opportunity of a personal telephone call with Life² when they've received their briefing pack, to check that everything is OK and deal with any queries they may have. Also, if you have any problems during the course like the DVD not working, let us know and we will send you a new one asap so that your group doesn't miss any of the course.

Are you a religious organisation?

Definitely not! Our aim is to give people the opportunities, information, tools and support to think about their lives and the world around them. There is no religious agenda at all.

Are you linked to other organisations?

JT is a course run by Life² - an organisation helping people to live happier, wiser and more meaningful lives within the complexity and pressure of the modern world. See www.lifesquared.org.uk for details of our other courses, talks, guides, booklets and advice.

Just think... and all materials © Life²

Terms and conditions

Introduction

By purchasing a place on the just think... course from our shop, you are agreeing to the terms and conditions in the 'participants' section below. By borrowing a briefing pack from our shop, you are agreeing to the terms and conditions in both the 'participants' and 'founders' sections below.

Participants (everyone)

1. I am registering to be a participant on the just think scheme. I am over 18 years old. I have read the terms and conditions and accept them.
2. To take part in the course, you must visit www.lifesquared.org.uk and pay for a place on the course. You must not do the course for free or make a payment directly to the founder, or any other member of the group, to do the course.
3. The fee you pay Life² for a place on the course (currently £75 per person) entitles you to a place on one course with one group. If you want to do the course again or join another group, you will need to pay again.
4. When you have bought a place on a course, we will send you a confirmation email to confirm this. Look after this email, as you will need to take a printout of it to the first session of your group and show it to the founder. They will not be able to let you take part otherwise.
5. Participation in the scheme is entirely at the participants' own risk. Life² cannot be held responsible for any decisions or actions participants take as a result of doing the course, or any consequences, physical or other, of participants' decisions to take part in the scheme.
6. JT is not a counselling scheme. If you are suffering from depression or other mental health problems, you should seek professional advice and help. By registering with JT, participants confirm that they are not suffering from depression or other mental health problems.
7. It is the participants' choice to invite others into their home to undertake the JT course, and they hold all liability for this decision. Life² cannot be held responsible for any damage to people's properties or possessions as a result of inviting people into their home to do the JT course, or any injury to participants incurred whilst undertaking the course.
8. All the materials on the course, including the briefing pack and website, are copyrighted by Life². They can only be used in the specific JT group course that each founder sets up. Materials must not be copied.
9. Participants agree to complete their action plans, reviews and progress reports, and to send them to Life² when requested.
10. We keep a copy of your action plan document so we can see your progress and monitor the impact of JT as a whole. We do not share it with anyone.
11. We may use extracts from your review documents and progress reports (but not your action plans), plus pictures and other comments you have made about the course to illustrate the benefits of JT to other parties. If you would prefer us to attribute these anonymously, please inform us in writing at info@lifesquared.org.uk.
12. You give us permission to use the email address you gave when setting up your account in our shop to communicate with you on the course. We will not use it for any other purpose, unless you've asked to receive our newsletter. We won't share your contact details with anyone, unless you are the founder of a group, in which case you give us permission to share your name and email address with the other members of your group (and only these people), so they can communicate with you and make arrangements for the course. If you would like us to use a different contact email address from the one you gave in our shop, please email us at info@lifesquared.org.uk and let us know.

Founders (with briefing pack)

1. When you borrow a briefing pack from us, the fee includes your place on the specific course and group you are setting up. This place is not transferrable to anyone else.

2. Once you have rented a briefing pack from us, we will send you a reference number for your group's course. We will also set up a place on your group's course as a product in the JT section of the Life² website (www.lifesquared.org.uk) so that people can buy a place on it.
3. You must not allow anyone to take part in the course who hasn't paid Life² directly for a place on your specific course (at www.lifesquared.org.uk). At the first session each participant must give you a print out of their confirmation email from Life² for a place on your specific group's course (containing your group's reference number). Everyone is aware that they need to do this, so if they do not, they should not be allowed to do the course. In the unlikely event that you have any problems with someone doing this report it to us at info@lifesquared.org.uk so we can note it.
4. You must not take payments directly from anyone for a place on the course.
5. Briefing packs are the property of Life² and must be returned to Life² (at 18 Hamsey Crescent, Lewes, East Sussex BN7 1NP) by the founder within 30 days of the end of each group's 8 week taught course – JT will reimburse your postage for this.
6. We will pay the founder member of each group £30 for each person they have recruited to their own group who completes the 8 week taught course. This offer is only available to the founder member of a group – i.e. the person who rented the briefing pack for that group. Each member of the group must have paid Life² for a place on the course at www.lifesquared.org.uk. We will provide the payment once we have received the briefing pack back, plus completed end of course reviews and action plans from each member of the group (including the founder) via email at the end of the 8 week taught phase of the course – this is our definition of someone having completed the 8 week taught course.
7. Once you have completed a JT course, you can set up as many other new just think... groups as you wish, but you must register for each one and borrow a new briefing pack for each one. The terms and conditions on this page will apply to every group you set up.
8. If you've completed a JT course as a participant (and only if you've done this), you can set up other just think... groups without having to take part in them as a participant. If you set up a group on this 'non-participating founder' basis, you must however attend the first and last sessions of the taught course, and chair and host the first session, as the founder normally would. To set up a group on a 'non-participating founder' basis, order the version of the briefing pack without the founder's place on the course. We will return the £25 deposit for the briefing pack to you on receipt of the briefing pack at the end of the course. We reserve the right to take action against anyone violating the terms and conditions of the scheme.