

The L.I.F.E. Programme Curriculum

Repetition, Routine & Long-Term Success

Supporting young people to thrive today and into the future.

The L.I.F.E. Programme is more than a curriculum - it's a habit-forming, life-shaping journey, delivered through a dynamic blend of mentoring, physical activity, learning pathways and therapeutic support. It is underpinned throughout by a trauma informed approach that ensures depth, consistency, and long-term impact.

At its core, L.I.F.E. is built on a strong foundation of health and wellbeing, recognising that sustainable growth begins with physical, emotional, and mental wellness. By combining structured learning with real-world connection and activity, the programme supports young people to build the internal and external tools they need to thrive.

What **L.I.F.E.** Stands For:

L – Lifestyle: Foundations of Health, Wellbeing & Routine

I – Inner Champion: Cultivating a Strong Sense of Self, Personal Development and Growth

F – Future Focus: Building Real-World Competence and Skills for Life

E – Education, Employment & Training: Active Engagement - Pursue meaningful education or career pathways to gain independence and purpose.

Across all four phases, key themes such as resilience, emotional regulation, communication, and self-care are intentionally revisited. This repetition and routine help embed positive behaviours and emotional strategies into daily life - not as one-off lessons, but as internalised practices.

Over time, these practices become lifelong habits, influencing how young people make decisions, build relationships, and manage their wellbeing far beyond the programme. L.I.F.E. doesn't end when the sessions do - it becomes a lived experience.

Preparation for
Reintegration with
LIFE not just EET

A flexible track system ensures that delivery is tailored to each young person's readiness, pace, and needs, making the experience truly personalised.