



Change your life

Do you tell yourself you can't achieve your dreams?
Have you chosen to settle for the life you have, instead of the life you want?
When you look to the future do you like what you see?
Do you feel stuck?

Grittitude is a book about creating choice.

It's about answering challenging questions, facing cold hard truths, getting gritty and changing your story.

What if you simply decided to change your story?

You have a choice. You can change. And here's the thing, you don't have to change the world. All you need to change is you.

Easier said than done right?

What about all the challenges you have in your life? They wouldn't understand. They couldn't.

But what if they did?

Join us for a self-help book, but in person

The grittitude group will be bringing this book into real life. A chance to ask questions, and get answers, specific to you.

The grittitude group

Six weeks to change your life



Is the story of your life an adventure, a thriller, a romantic comedy or a tragedy? Are you living a life of choice?

You always knew it was possible to change. That's why you're here. You have a choice.

You can change.

You can choose your own life story

Join us for a self-help book, but in person

Join us for four evenings across six weeks where you will work through the grittitude book in stages, supported by the author and expert coach Jacqui Flavell.

Delivered in an intimate small group environment for a relaxed and personal experience that will help you to apply the book to you and your life.

Course details

Course running 7:45pm - 9pm

- Tuesday 23rd May
- Tuesday 6th June
- Tuesday 20th June
- Tuesday 4th July

Course places strictly limited to 12 persons

Course price: £60

Includes: Four in person group sessions with drink, physical copy of the grittitude book, and a goody bag of supporting materials

Early bird price: £50 before 9th May: use the code EARLY when booking

Book now



HOSTED AT LE CAFE, CHATEAU VELO
198, SOUTH COAST ROAD, PEACEHAVEN, BN10 8JL