

Free webinars

Develop skills in support for your Well-being



Virtual learning via Zoom

This is for participants who would like to develop tools and techniques which support and enhance wellbeing.

(these are pick and mix sessions, you can attend as many as you choose)

Session 1: Support for anxiety	Tuesday 9th February 6.00pm – 7.30pm
Session 2: Build self esteem & confidence	Tuesday 16th February 3.30pm – 5.00pm
Session 3: Anger Awareness	Monday 22 nd February 11.00am – 12.30pm
Session 4: Five ways to wellbeing	Wednesday 3 rd March 9.00am – 11.30am
Session 5: Support for sleep	Tuesday 9 th March 3.00pm – 4.30pm
Session 6: Mindfulness relaxation	Tuesday 23 rd March 6.00pm – 7.30pm

Each session will provide awareness of the subject area and provide tools and techniques which will help you develop skills and practice to improve the specific area of wellbeing. You will need to be able to access online learning through the Zoom application. (Zoom joining instructions will be sent with confirmation email)

If you would like to attend, please email your contact details and selected date / s to:

training@mind-blmk.org.uk

on receipt of your email, we will get back to you with further instructions on joining the programme.

Enquires telephone: 0788 1248 780