

## 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)

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

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](mailto: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