PRACTICAL STEPS TO IMPROVE WELLBEING

LAB WELLBEING ONLINE is based on NEF’s five ways to well being: Connect, Be Active, Take Notice, Keep Learning and Give. This course will help participants take the first steps to a more positive future. The course will run online for 12 sessions over 3 weeks. Participants will require internet access.

SESSIONS WILL RUN FROM 10.30am TO 12pm ON TUESDAYS, WEDNESDAYS, THURSDAYS AND FRIDAYS FROM 9th TO 26th JUNE

FEEDBACK FROM OUR ONLINE LEARNERS:

▶️ I am learning to notice my feelings and thoughts and then control or manage what I decide to say.

▶️ This is the best thing to do if you’re at a point in life where you’re not sure what you’re doing or you’re struggling. It really builds your confidence and helps you to understand yourself and others better. I feel like this is the best thing I’ve done, at 58 I feel like I’m learning again.

FOR MORE INFORMATION AND TO SIGN UP, CONTACT:

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