

Resilience and Wellbeing workshops

Learn what resilience means and why it matters

Resilience: *The ability to withstand and recover from stressful life challenges, strengthened and more resourceful.*

The process of adapting well in the face of adversity, trauma or sources of stress – such as family and relationship problems, workplace or financial stress, or serious health problems.



Learn how to survive and thrive

Our course of four 2½ hour workshops will help you develop resilience - equipping you with the ability to face life's challenges and demands from a position of strength. Helping you to become a stronger person, with the ability to "bounce back" from life's setbacks.

By the end of the course you will have learnt:

- *Why resilience is important to us as individuals*
- *How negative thinking can have both a physical and psychological impact*
- *Useful tools to develop personal and workplace resilience*
- *How to challenge your thinking*
- *How to develop a personal action plan to help you build resilience*

Our course will equip you with coping strategies to improve your overall health and wellbeing

"Excellent course: informative, practical, effective to use and make a real difference"

"I am more realistic in my outlook, I have taken steps to take control of my life and this has had an impact on all areas and people in my life. Positive changes have happened and will continue, so I and my family are happy."

Dates: 7th 14th 21st 28th October 2020

Choice of Morning sessions only: : 10:00 to 12:30 OR Afternoon sessions only : 13:30 to 16:00

Venue: First Stop Centre, 29 Bocking End, Braintree, CM7 9AE

Booking Link: <https://interactchelmsford.wufoo.com/forms/x85f40z0wa9gsq/>

For more information please contact: **01245 608307** training@interact.org.uk
Or visit our website **www.interact.org.uk**