



A rolling programme for 16-25 year olds designed to build resilience, promote positive thinking and help you to ReFrame your mindset.

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FEEDBACK

"I feel I know how to achieve my goals and my dreams"

"I think that the programme has proven very useful and will continue to in the long-run I feel it is something that I will be able to look back on as I continue to work on myself".

"I have learnt about different types of Communication and how to apply it to my Situations"

"The programme has been helpful for giving me a different way of looking at situations and how to manage my emotions. It has also been a great way of realising what I want my future goals to be".

"I feel I have learnt the deeper meaning of Anger"

"It was interesting to write down and understand where my anxiety may have originated"

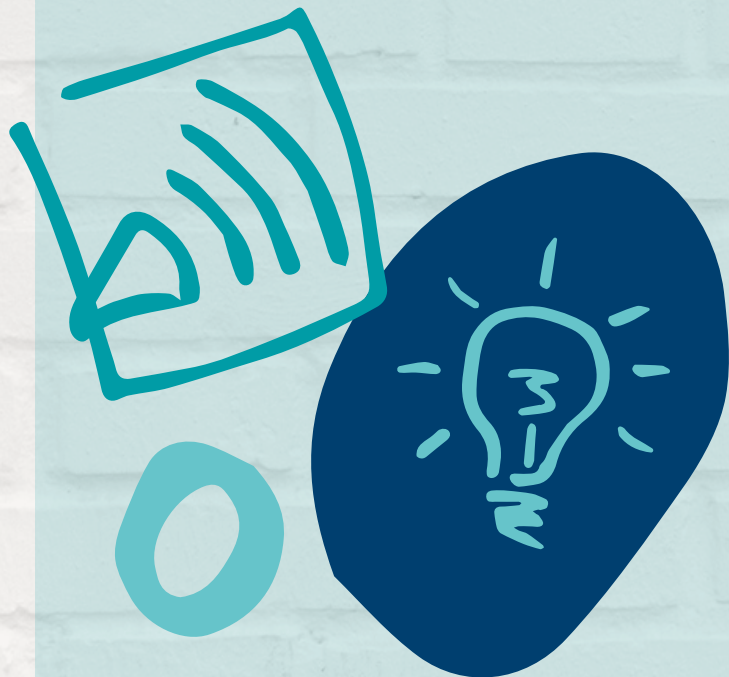
WHAT THE PROGRAMME WILL COVER:

Mastering Anxiety

Anxiety can greatly hinder mental well-being, causing avoidance, isolation, and disconnection from important aspects of our lives. This workshop explores the roots of anxiety and aims to develop a plan for confronting and overcoming it.

Confidence & Self-Esteem

Many mental wellbeing issues are often associated with negative self-esteem beliefs. These beliefs may make us feel inadequate, flawed, or less valuable than others. This workshop aims to explore and address these issues, focusing on practical solutions to bring about positive changes



Overcoming Low Mood

This workshop explores the various factors contributing to low mood in mental wellbeing. It provides insights into the pathways leading to low mood and offers strategies to actively uplift ourselves.

Inner Critic

This workshop centers around recognizing the impact of our negative self-talk and internal dialogue on our daily lives. It is designed to benefit individuals struggling with low self-esteem and confidence, and it complements other workshops in our program.

Managing Emotions

If you often feel overwhelmed by your emotions, including mood swings, you're not alone. Emotions can have a destructive impact, leading to impulsive decisions. This workshop provides practical tools and techniques to manage and de-escalate emotions effectively.

Effective Communication

Many problems arise when we struggle to express our needs and have them fulfilled by others. This workshop explores key aspects of communication and how it relates to our mental wellbeing, fostering a better understanding.

Goal Setting

This emphasizes personal growth and finding meaning and purpose. By the end of this workshop, you will have developed a personal future planner containing goals and aspirations to guide your journey toward positive wellbeing.

