

TRANSFORM YOUR WELLBEING



Transform Your Wellbeing will give you a chance to look at different ways to deal with your feelings and how you can keep mentally safe and strong.

Each online workshop will be between 45 and 75 minutes and will include a range of different easy to follow activities and discussions.

We will plan your workshop with you to make sure it is right for you or your group.

WHO ARE THE WORKSHOPS FOR?

- Individuals
- Groups - family members, friends, colleagues, schools and organisations
- Children (aged 6-12 years)
- Teenagers (aged 13-17 years)
- Adults (18 years plus)
- All sessions can be adapted for people with additional needs

HOW DO I BOOK?

1. Decide who you want to take part in the session.
2. Click on the Book a Workshop link below.
3. We will be in touch to discuss your request, confirm details and send the unique Zoom link.

<http://www.transformtraining.org.uk/bounce-back.php>

HERE FOR YOU WHEN YOU NEED US
#TIMETOTRANSFORM