

# Resilience & Well-Being Webinar Course



**What:** A Webinar course to support you and your households with taking care of your own and others well-being at this time

**Where and When:** Delivered via **Zoom** (need a Smartphone / Tablet / Laptop to access)

3 x Consecutive Tuesday AMs or Wednesday AMs (please contact to be booked into specific dates) at 10.30-12.30 each day (+ 1-2-1 support on phone etc in between sessions)

**Who:** Any learner aged 19+

**Why:** Learn practical tips to take care of yourself & others' wellbeing, and to connect with others, share experiences, and receive individual support

## The Course will cover:

- Understanding human reactions and responses to change
- The importance of 'normalisation' in managing emotional states
- Practical tips on building resilience within yourself and others
- The importance of connection, both getting support & supporting others
- Tips and easy-to-apply tools to increase your wellbeing
- Strategies for healthy living
- Growing emotional intelligence to cope with challenges and stress
- Managing your mind-set to stay motivated, productive, and well

Please call GSS UK Ltd on **020 8665 4297** or Text / WhatsApp us on **07921 036 927** or email

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