

# Resilience & Wellbeing Webinar Course



## What?

A Webinar course to support you and your households with taking care of your own and others wellbeing at this time



## Where & When?

Delivered via Zoom 3 x Consecutive Tuesday AMs or Wednesday AMs at 10.30-1pm each day

(please contact to be booked into specific dates, need a Smartphone / Tablet / Laptop to access + 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 contact us for next available dates**



In Conjunction With



**Please call GSS UK Ltd on 0333 242 3365  
or Text / WhatsApp us on 07921 036 927  
or email [training@globalsolutionservices.co.uk](mailto:training@globalsolutionservices.co.uk)  
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