



Wellbeing Awareness Intro

With You in Mind

Scientists discover on daily basis that it's predominantly our lifestyle choices which impact our levels of wellbeing in significant ways.

 **mind**
Doncaster

Wellbeing Awareness Intro Workshop

Wellbeing is rather difficult to define in words because it's a feeling ... however we all know when we are there and when we are not.

In the age of ever increasing pace of life, it's more important than ever to keep updating our knowledge of how to care for our precious mental health and wellbeing.

Let our facilitator take you on a 90 minute journey to explore ways in which wellbeing can be enhanced leading to a happier and more satisfying life experience.

During our 90 minutes Wellbeing Awareness Intro Workshop we will:

1. Explore where difficulties in maintaining wellbeing originate from.
2. Learn which areas impact on wellbeing and why.
3. Explore practical strategies to enhance wellbeing.

Make yourself a priority.
It's not selfish... it's necessary.

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