



Self Care and Wellbeing For Life and Work

Refresh yourself with a FREE short course at **NOAH** to help you to feel better in mind and body.

The course will address:

- ♦ **Anxiety and stress management**
- ♦ **Positive thinking techniques**
- ♦ **How to identify strengths and abilities**
- ♦ **Proactive problem solving strategies**

"I have benefitted from this course because it has helped me with my confidence, and has helped me to learn and cope with stress"

- A previous learner on the NOAH Mental Health and Wellbeing programme

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Who is this course for?

The demands of **everyday life** can feel **overwhelming**, and in our busy and often **anxious** lives we forget to **invest in ourselves**.

‘Self Care Skills for Wellbeing and Work’ will teach you **practical skills** that you can apply in a range of situations to help you to build your **confidence**, **manage stress and anxiety** and take control.

This programme may be suitable for you if you are a **job seeker** returning to work, **a busy parent or carer** or are **exploring new directions** after a stressful life event.

When?

Tues & Thurs for 4 weeks. **Morning** (09:30– 12:30) and **afternoon** (13:00 - 16:00) timeslots are available.

Start dates:

Tues 08/08/2017	Tues 28/11/2017	Tues 10/04/2018
Tues 05/09/2017	Tues 09/01/2018	Tues 08/05/2018
Tues 03/10/2017	Tues 06/02/2018	Tues 05/06/2018
Tues 31/10/2017	Tues 06/03/2018	Tues 03/07/2018

Where? NOAH Academy, 20-22 High Town Road, LU2 0DD

Interested?

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Charity Registration Number 1059672*