

# Wellbeing Toolkit 2 Online Workshops

The 1 hour sessions will cover:

1. Boosting confidence and self-esteem.
2. Practicing mindfulness techniques.
3. Building confidence through small wins.
4. Balancing energy and prioritising relaxation.
5. Exploring art and mindfulness.
6. Developing healthy sleep habits.

If you would like to register your attendance to any of the 6 sessions, please get in touch with us ASAP to let us know you will be attending using the contact details listed at the bottom of this leaflet.

You must have a device with access to the internet in order to attend.



These workshops will be using the video conference application 'Zoom'. If you need any help installing or using Zoom, we will be available to help the day before each individual session. If you need assistance please let us know via email ASAP so as to avoid delays.

## Workshop Dates:

- Session 1: 10th Sep 10am
- Session 2: 17th Sep 10am
- Session 3: 24th Sep 10am
- Session 4: 1st Oct 10am
- Session 5: 8th Oct 10am
- Session 6: 15th Oct 10am

**You have until the 3rd  
September to register.**

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