

STRONG MINDS, BRIGHT FUTURES WORKSHOPS

Workshops Run By Mrs Hart
Equipping You For Life In &
Beyond Sixth Form!



Benefits Of The Workshops:

These workshops are designed to help you flourish, to help you feel your best — in your head, your heart, and your everyday life. They're a safe and supportive small group space to talk, share, and learn practical skills that strengthen your mental health and wellbeing. You'll leave feeling more confident, more supported, and ready to take on whatever life throws at you after sixth form.

When Do Sessions Take Place:

There will be three sessions this term. commence on
The session will have a theme.
There is a maximum of 6 places per workshop & 5 people as a minimum.
They are for sixth form students only.
Sessions will run for 30-50 minutes.

How To Book On The Workshop:

You must BOOK on the session by emailing SLR.
Mrs Roberts will confirm if you have got a place on the workshop.
Places will be allocated on a severity of need basis.

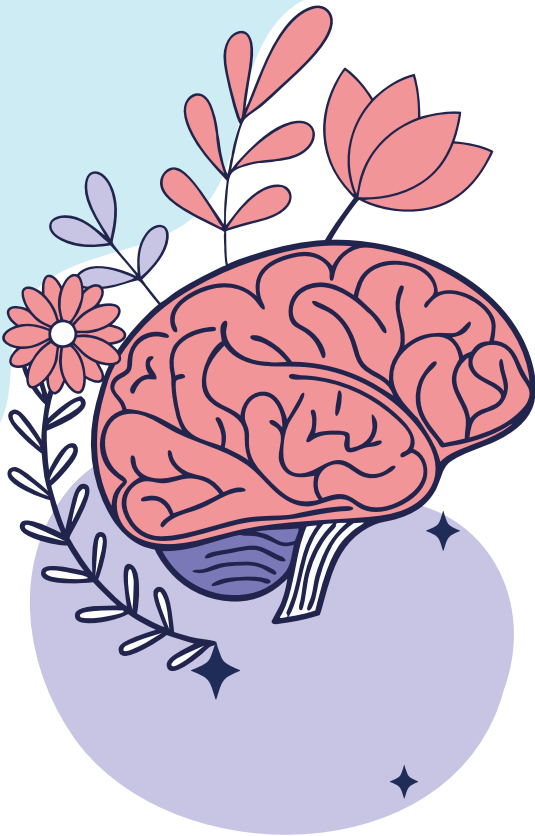
Example Workshop Themes:

Anxiety.
Depression.
Self Esteem.
Stress Management.
Guided Meditation.



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Workshop 1 Theme:

STRESS MANAGEMENT

What Will Be Covered?

How to manage stress.
Practical examples you can utilise.
How to improve wellbeing.

When Is The Session?

**FRIDAY 16TH
OCTOBER
PERIOD 1**

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