



Free Health and Wellbeing Courses

Free courses this Spring to help you understand mindfulness, build your confidence and develop assertiveness. Book online today!

Mindfulness and Relaxation - Tues 13th April 09:30 - 14:30 ends 27th April

On this course you will practise mindfulness and relaxation techniques that can help you cope with anxiety and the symptoms of stress. You will explore the theory behind anxiety and stress and link these to the theory underpinning mindfulness and relaxation practices.

Introduction to Mindfulness - Wed 14th April 13:00 - 15:00 ends 12th May

This course will provide you with an understanding of the meaning of mindfulness and how these techniques can be applied in everyday life. It will assist you to become more aware of your thoughts, feelings, and body sensations so that instead of being overwhelmed by them you will be better equipped to manage them.

Developing Assertiveness - Thurs 15th April 09:30 - 15:30 ends 29th April

This course will help you to understand the benefits of being assertive, be able to describe the differences between passive, aggressive and 'passive aggressive' behaviours; as well as being able to give examples of assertive behaviour.

Confidence Building - Wed 21st April 09:30 - 14:30 ends 5th May

This course will enable you to develop your knowledge in the use of tools, resources and strategies to build your confidence, learn new skills and be able to move forward with everyday life.

All courses will be delivered online. You will need access to the internet and an email account.

You will have access to your teacher on a weekly basis through Teams, Zoom or Skype, email as well as the opportunity to contribute to group discussions across the County. You will be given tasks to complete at each session and instructions and online demonstrations will be provided.

For more information and to book online, visit our Health and Wellbeing courses

<https://ebsontrackprospect.northyorks.gov.uk/page/findcourse>

Call our Adult Learning Team on 01609 536066

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