

# Free – Wellbeing approaches to support loss, change and adjustment in our current working environment for employees / all sectors working across Bedford Borough.



## Supporting emotional health and wellbeing – mentoring sessions 1-hour course with **30-minute open forum**

By attending this session, you will be able to identify how to develop skills in building resilience and understanding change in work regimes during the current climate. You will gain confidence in communication with management to seek support in regard of own emotional wellbeing.

By attending this coaching session your will:-

- Be able to recognise how to build resilience and confidence for positive wellbeing.
- Learn strategies to enable coping with the loss or change of our current working practices.
- Identify the types of mind-sets and how to develop a more positive approach.
- Identify tools and techniques that support emotional health and wellbeing.
- Gain confidence in opening difficult conversations with your colleagues and / or line management.
- Recognise and develop a better awareness of wellbeing through the open room with support directed by the Mind BLMK coach.

**Spaces are limited and must be pre-booked - Please select from the following**

Date	Time	Venue
Monday 13 <sup>th</sup> September	2.00pm – 3.30pm	ZOOM
Tuesday 12 <sup>th</sup> October	9.00am – 10.30am	ZOOM
Tuesday 16 <sup>th</sup> November	10.30am – 12.00pm	ZOOM

**To book your place or find out more information please email:-**

Mind BLMK Training

Email: [training@mind-blmk.org.uk](mailto:training@mind-blmk.org.uk)

Telephone: 0788 1248 780

Visit our website: [www.mind-blmk.org.uk](http://www.mind-blmk.org.uk)