

De-stress and Relax SWAN programme

Strengths, Weaknesses, Ambition & Needs



FANTASTIC FOR BOTH INDIVIDUALS AND GROUPS AND REALLY HELPS DEVELOP GOAL SETTING

This programme is fantastic for both individuals and groups and really helps develop goal setting. By working on lifestyle, health, work and relationships this one day stress management course helps people look at their lives and identify the best direction for them.

The first step in this process is to identify how you are currently dealing with stress and then look at ways to cope better. Participants will look at themselves in depth identifying their Strengths, Weaknesses, Ambition and Needs.

This is a 1 day course.

By listing these they can more clearly identify their feelings in order to find the best path.

This course also looks at ways to improve how you deal with stress including breathing techniques and practical skills to improve the way you communicate.



Bridge of
HOPE

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Bridge of Hope

**A programme of
Ashton Community Trust**

www.thebridgeofhope.org

Community Relations Council



An Oasis of Peace