

De-stress and Relax SWAN programme

Strengths, Weaknesses, Ambition & Needs



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

The S.W.A.N 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.

S.W.A.N also looks at ways to improve how you deal with stress including breathing techniques and practical skills you can improve the way you communicate.



Bridge of
HOPE

For training queries contact

MARY STANTON
Training Co-ordinator
McSweeney Centre
Henry Place, Belfast BT15 2BB
028 9032 2289
mary.stanton@ashtoncentre.com

For other enquiries contact

IRENE SHERRY
Head of Victims & Mental
Health Services
028 9074 6737
irene@ashtoncentre.com

Bridge of Hope
A department of
Ashton Community Trust

www.thebridgeofhope.org