



Wellbody Wellmind Wellbeing



NQT CPD

Wellbeing and Resilience Programme

THE PROGRAMME CONSISTS OF **6 SESSIONS:**
1ST, 15TH AND 29TH NOVEMBER, 13TH DECEMBER 2018
AND 10TH AND 24TH JANUARY 2019, **FROM: 3.30PM – 5.30PM**
(WITH ONLINE SUPPORT BETWEEN SESSIONS)
LINDFIELD SCHOOL, EASTBOURNE, BN22 0BQ

Are you interested in exploring innovative ways of positively managing challenges in teaching, together with other NQTs?

Our 6 session programme is filled with scientifically sound strategies aimed at supporting your wellbeing, growing your resilience and enhancing your work and personal life. It is also designed to help you integrate these techniques into your life and create healthy life long habits in mind and body.

The programme will include breathwork, mind and positive psychology, body work and nutrition, relaxation and visualisation, reflective journaling and contemplative practice.

Limited places so early booking recommended. Booking can only be done through the school account on NQT Manager. If you have any queries, please contact nqt@strichardscc.com



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For more info about our programmes:
www.wellbodywellmindwellbeing.co.uk

For more info or to book:
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