

STRESS

MANAGEMENT

The Third Wave Psychologist is very pleased to host a 4-session online workshop dedicated to enhancing stress management skills. Facilitated by a clinical psychologist, the workshop explores effective de-stressing and wellbeing strategies.

Topics include:

Understanding our inner reactions

Managing stressful experiences & situations

Communication skills

Relaxation & wellbeing skills

What to Expect?

The workshops are run as an online educational class, with teaching & skills building components. There is no pressure for attendees to speak or share their personal thoughts, feelings or experiences, however they are welcome to do so should they feel comfortable.

COURSE DETAILS

The workshop is run online regularly throughout the year

The duration of the workshop is 2 hours, once a week, for 4 weeks

Workshop Fee: £160

For more information or to register your interest in attending the next online course please email your name & contact details to:

thirdwavepsychologist@outlook.com



www.thirdwavepsychologist.co.uk/wellbeing-workshops