



EVOLVING MINDSET

YOUR MIND MATTERS

www.evolvingmindset.co.uk

evolvingmindset@outlook.com

Free and Confidential Mental Well-being Courses via online ZOOM session

Evolving Mindset have developed a free and confidential bespoke programme, aimed to engage, educate and empower you, by focusing on your mental well-being, or by helping you to support a family member/someone you care for.

Wed 16th December	18.15-20.00	Mindset & Goal Setting
Wed 23rd December	18.15-20.00	Mental Health Awareness
Wed 30th December	18.15-20.00	Stress & Anxiety Management
Wed 6th January	18.15-20.00	Mindfulness & Relaxation
Wed 13th January	18.15-20.00	Low Self-esteem & Building Resilience
Wed 20th January	18.15-20.00	Physical Wellbeing & Positive Habits

Please email us to book on a session, or for further information
evolvingmindset@outlook.com