



Unlock your wellbeing...

Have you ever felt rejected? A failure? Lonely? Guilty? Painful emotions are common to us all, though we can feel very much on our own when we struggle.

We are pleased to be hosting workshops with a wellbeing expert.

Through attending these workshops, you will learn how to take charge of your emotions – not ignore them; acknowledge them and deal with them. Much as we would like an easy ride through life, no-one gets through life without emotional pain. How can we deal with the painful emotions in the best way? Come along and find out.

Part 1 – what is Emotional First Aid? What are Emotions? What are emotional wounds and what helps?

Part 2 – a variety of practical ways of putting together an **“Emotional First Aid Kit”** so that you have got a ready resource to go to when you need it.

The knowledge you will gain will serve you well throughout your life. Whilst we cannot control everything that life throws at us, we can (with practice) control our response

The workshops will run on either:

Option 1: Wednesday 16th March and Tuesday 22nd March, 9:30-11:30, in school.

Option 2: Tuesday 7th June and Tuesday 14th June, 9:30-11:30, in school.

There are only 16 places for either option 1 or option 2. You will need to attend both sessions for which ever option you choose.

We really hope you are able to join us.

Please contact Mrs Stobie to express an interest in taking part or ask any questions. cstobie@southlake.wokingham.sch.uk