



THE NOAH ACADEMY

TRAINING AND EMPLOYMENT

Staying Positive

Discover new strategies and techniques to help build resilience to stress, anxiety and depression through positive psychology and coping strategies.

By the end of the course, you'll be able to -

- Develop mental and physical strategies to manage anxiety and stress
- Identify activities to do at home to improve wellbeing
- Stay socially connected with others
- Learn and practice mindfulness techniques



Central Bedfordshire Council
and Bedford Borough Council
working together



Apprenticeship



Education & Skills
Funding Agency



This course is **FREE** and funded through Bedford Borough Council, Central Bedfordshire Council, the Education & Skills Funding Agency and the European Social Fund.



The course will run on

Mondays and Fridays from 13:00 - 15:00 for 3 weeks.

Start Dates:

Monday 29th June 2020

Monday 20th July 2020

Who is this for?

This course is designed for anyone who would like help to manage stress and anxiety through mindfulness and positive psychology

Please contact us if you wish to book a place for yourself or a friend.

✉ academy@noahenterprise.org

☎ 01234 581108

NOAH Academy, 20-22 High Town Road, Luton LU2 0DD.

Charity Registration Number 1059672

Course information updated 18/06/2020