

THE NOAH ACADEMY

TRAINING AND EMPLOYMENT



I am STRONG!

Building Confidence, Enabling Change

Online



This **free 4 week course** will help you 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 will:

- 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

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

COURSE INFORMATION

This course takes place online using Zoom for **3 hours twice per week** for **4 weeks**

WHO?

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

Participants **must** have:

- A valid email address
- Access to the internet
- Access to a laptop, phone or tablet that can connect to Zoom

BOOKING

Please contact us to book a place for our next available start date!

 academy@noahenterprise.org

 **01582 726152**



Central Bedfordshire Council
and Bedford Borough Council
working together



Apprenticeship



Education & Skills
Funding Agency



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

Charity Registration Number 1059672