

**March 2020 WORKSHOPS (Residents of Hammersmith & Fulham)**

Building Resilience	09/03/20	The Ellerslie Centre	10:30 – 12:30	<ul style="list-style-type: none"> <li>• How to create a successful outcome out of setbacks</li> <li>• Motivational techniques to build resilience</li> <li>• Creating a growth mindset</li> <li>• Making sure you stay on track</li> </ul>
Self Compassion	10/03/20	The Ellerslie Centre	10:30 – 12:30	<ul style="list-style-type: none"> <li>• How developing self-compassion can help build emotional resilience</li> <li>• Different elements of self-compassion</li> <li>• Being less critical of yourself</li> </ul>
Procrastination	17/03/20	The Ellerslie Centre	10:30 – 12:30	<ul style="list-style-type: none"> <li>• Understanding procrastination and why we do it</li> <li>• Examining the difficulties surrounding it</li> <li>• Identifying ways to overcome it</li> </ul>
Practicing Effective Communication	23/03/20	The Ellerslie Centre	10:30 – 12:30	<ul style="list-style-type: none"> <li>• Identifying ways to develop your communication skills</li> <li>• Exploring different barriers to communication and how they can be overcome through role playing</li> </ul>
Maintaining Healthy Relationships	24/03/20	The Ellerslie Centre	10:30 – 12:30	<ul style="list-style-type: none"> <li>• Understanding what a healthy relationship consists of</li> <li>• Exploring why relationships might go wrong</li> <li>• How to maintain healthy relationships</li> </ul>
Employment Support	30/03/20	The Ellerslie Centre	10:30 – 13:30	<ul style="list-style-type: none"> <li>• Drop in session to support with CV's, Cover Letters, and other employment areas</li> </ul>
Art Workshop	31/03/20	The Ellerslie Centre	10:30 – 12:30	<ul style="list-style-type: none"> <li>• Exploring outside perspectives of beauty</li> <li>• Understanding human development and transformation</li> </ul>



Richmond Fellowship is part of **Recovery Focus**,  
an expert group of charities inspiring recovery nationwide.

**Sign-up required**

**Get in touch with us to book your place**

**Please check our website for future workshops:**

**[www.hfemploymentandwellbeing.org.uk](http://www.hfemploymentandwellbeing.org.uk)**

**Workshop Facilitator:**

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an expert group of charities inspiring individual recovery nationwide