

POSTPONED MARCH WORKSHOPS (Residents of Hammersmith & Fulham)

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



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

Sign-up required

**Please note that the highlighted workshops have been postponed, following
Governmental advice, and concern for public health and safety**

Please check our website for workshop updates:

www.hfemploymentandwellbeing.org.uk

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