

**OCTOBER 2020 VIRTUAL WORKSHOPS (Residents of Hammersmith & Fulham)**

Day	Workshop	Time	Length
Thursday 8 <sup>th</sup>	Self Compassion: Understanding Self Compassion	11am-11:45am	45 minutes
Thursday 8 <sup>th</sup>	Self Compassion: Emotional Resilience	11:45am-12:30pm	45 minutes
Thursday 8 <sup>th</sup>	Self Compassion: Open Session	12:30pm-1:15pm	45 minutes
Friday 9 <sup>th</sup>	Building Resilience: Motivational Techniques	11am-11:45am	45 minutes
Friday 9 <sup>th</sup>	Building Resilience: Growth Mindsets	11:45am-12:30pm	45 minutes
Friday 9 <sup>th</sup>	Building Resilience: Open Session	12:30pm-1:15pm	45 minutes
Thursday 15 <sup>th</sup>	Work-Life Balance: Introduction	11am-11:45am	45 minutes
Thursday 15 <sup>th</sup>	Work-Life Balance: Techniques	11:45am-12:30pm	45 minutes
Thursday 15 <sup>th</sup>	Work-Life Balance: Open Session	12:30pm-1:15pm	45 minutes
Friday 16 <sup>th</sup>	Overcoming Negative Thinking: Getting Stuck	11am-11:45am	45 minutes
Friday 16 <sup>th</sup>	Overcoming Negative Thinking: Techniques	11:45am-12:30pm	45 minutes
Friday 16 <sup>th</sup>	Overcoming Negative Thinking: Open Session	12:30pm-1:15pm	45 minutes
Monday 26 <sup>th</sup>	Employment Support	1pm-4pm	3 hours

**All Virtual Workshops are taking place via Zoom.**

**Zoom details to be provided following successful sign-up.**

