



Natural Flair Coaching Ltd
In Partnership With
Just Talk Campaign Week
3 online webinars
to support your wellbeing



AVAILABLE ONLINE VIA ZOOM with Natural Flair Associate Coaches

Topics Include

- **Pressing Pause lite bite meditation and mindfulness – With Kirsty Ward**
As teachers/ professionals we all know the importance of emotional wellbeing we need to be in a good place ourselves if we are going to get the best out of those we support. Why not just press pause for 45 mins by joining our energising session to support your mental health and wellbeing.
 - **Tuesday 17th November 4pm to 5pm**
 - **Suitable for: Teachers/professionals/parents/carers**
- **Ditch The Stress - Intro to .b Mindfulness for Teens – Sarah Bojakowski**
Delivered by qualified mindfulness coach Sarah, who has been trained by the Mindfulness In Schools Project, designed to engage even the most sceptical of young minds. For teaching staff interested in .b for their school - come along and find out more
 - **Wednesday 18th November 4pm-5pm**
 - **Suitable for: Teachers interested in implementing mindfulness in school**
- **Mindset management in challenging times – Sarah Bramall**
We are living in unprecedented times. It's normal to feel stress and fear, but we can learn how to not to let them hijack us. Learn how to strengthen your mindset to support resilience.
 - **Thursday 19th November 4-5pm**



Webinar offer via zoom: Available via your smart phone or laptop device in the comfort of your own home via a safe/secure link

Now is the time to support yourself to develop resilience and to learn new skills to support yourself and those around you

To book a space please follow this link:

www.natural-flair.com/webinarbookingform



**Natural Flair
Coaching Ltd**

