

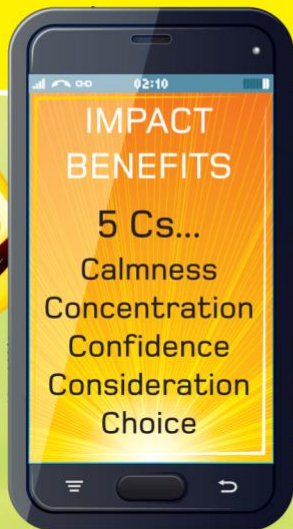
# IMPACT Wellbeing Programme

Workplace wellbeing for

## YOUNG PEOPLE AND ADULTS

A simple, adaptable programme to help effectively manage stress and improve wellbeing.

Young people are taught relaxation techniques with a mindfulness-based approach. They gain an understanding of the causes and effects of stress and develop skills for life.



Used by adults working with young people in Schools and Colleges, Youth organisations, Support groups, Care sector and the Home.

IMPACT Wellbeing Programme Helps young people:

- To understand and manage stress
- Feel calmer and improve concentration
- Gain confidence
- Develop friendships
- Improve their physical, mental and emotional health

[www.touchlinetraining.co.uk](http://www.touchlinetraining.co.uk)

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## Instructor's Training

Develop skills for life

Resources available to download from the Touchline Training website.

Adults attend a one-day IMPACT Wellbeing Programme training course; Workplace Wellbeing for Young People and Adults.

Instructors teach individuals and groups using one-off sessions or a series of workshops, to deliver the programme.

The programme can be used for:

- Personal, social and health education
- Enrichment and extension programmes
- Managing exam stress
- Students with special needs
- Behaviour support
- Nurture groups

*"It allows you to take your mind off a lot of things. I found it very relaxing."* Year 11 Student

## Make wellbeing YOUR concern!

For further details visit: [www.impact4wellbeing.co.uk](http://www.impact4wellbeing.co.uk)

For your local instructor please contact:

**Your name**

T:

E:

W:

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