



# EVOLVING MINDSET

## YOUR MIND MATTERS

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

[evolvingmindset@outlook.com](mailto:evolvingmindset@outlook.com)

### **\*Free and Confidential Mental Well-being Courses\*** via online ZOOM session

Evolving Mindset have developed a free and confidential bespoke programme, aimed to engage, educate and empower you, by focusing on your mental well-being, or by helping you to support a family member/someone you care for.

Wed 28th April	18.15-20.00	Mindset & Goal Setting
Wed 5th May	18.15-20.00	Mental Health Awareness
Wed 12th May	18.15-20.00	Stress & Anxiety Management
Wed 19th May	18.15-20.00	Mindfulness & Relaxation
Wed 26th May	18.15-20.00	Low Self-esteem & Building Resilience
Wed 2nd June	18.15-20.00	Physical Wellbeing & Positive Habits

Please email us to book on a session, or for further information  
[evolvingmindset@outlook.com](mailto:evolvingmindset@outlook.com)