

Workshops for wellbeing

For people living or working in RBKC / Westminster boroughs

Get creative



Boost your confidence



Be inspired, learn something new and build connections with others. If you live or work in the boroughs of Westminster or RBKC, join us for free workshops to reduce stress and improve your sense of wellbeing.

Spring 2020

29 January

Overcoming your nerves: how to be confident speaking in front of others

25 February

Writing for wellbeing: explore writing to boost your mood, happiness and wellbeing **(women only)**

20 March

Poetry prescribed: through poetry we can creatively connect to self, others, and our communities

Free workshops for wellbeing

Open to everyone who lives or works in RBKC / Westminster boroughs.
Booking essential: www.advocacyproject.org.uk/wellness

Overcoming your nerves

Do you feel nervous speaking in front of other people? This workshop will help you overcome nerves, inspire people you're talking to and speak confidently in meetings, job interviews, work or social situations.

with Arun Sharma

Wednesday 29 January
10am-12.30pm
Bay 20, 71 St Marks Rd
London W10 6JG

Writing for wellbeing (women only)

Explore how writing can help boost your mood, happiness and wellbeing. Through easy creative exercises, you'll discover the benefits of writing for wellbeing, and leave with techniques to try at home.

with Francesca Baker

Tuesday 25 February
1.30-3.30pm
Acorn Hall, 1 East Row
London W10 5AW

Poetry prescribed

Through spoken word poetry we can creatively connect to ourselves and others. This workshop is a safe space to explore how spoken word poetry can boost confidence and make it easier to say how we feel.

with Esi Yankey

Friday 20 March
10.30am-12.30pm
Cave, 81 Tachbrook Street
London SW1V 2QP



www.advocacyproject.org.uk/wellness



020 8969 3000



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