

GET STARTED IN

16-30?

MINDSET AND MINDFULNESS

This **FREE** online 1 week programme will help you to:

DEVELOP A MINDSET FOR HAPPINESS, FULFILMENT, & SUCCESS

- Develop your confidence and goal setting
- Identify and begin to dissolve self-limiting beliefs
 - Create & refine a growth mindset
 - Body language skills and more

LEARN MINDFULNESS AND MEDITATION TECHNIQUES

- To help deal with anxiety and stress
- Develop a calmer mind and greater mental clarity

Taster Day: Wednesday 27th July 11am - 1pm

Programme: Monday 1st - Friday 5th August 10am - 3pm

Where: MS Teams

Funded by the West of England Combined Authority

Interested?

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Prince's Trust