

# Developing Emotional Resilience



European Union  
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Social Fund



**NIGEL BROUGH**  
BESPOKE TRAINING SOLUTIONS LTD



**Tuesday 18th June 2019 for four weeks 9.45am—  
1.00pm at the Pioneering Care Centre**

Are you interested in becoming a more confident version of yourself?

Come along to our new course and learn how to;

- Identify your personal strengths and weaknesses.
- Develop emotional resilience in context to personal challenges.
- Develop ways to promote your emotional and physical wellbeing.
- Define stress and anxiety and understand how it differs from pressure.
- Manage stress/anxiety – developing effective coping strategies.
- Adopt basic relaxation techniques to help prevent stress, overstress - burnout and anxiety.

**Cost: FREE**

**This course is for those ages 19+.**

**For further information:**

T | 01325 321234

E | [enquiries@pcp.uk.net](mailto:enquiries@pcp.uk.net)

 [PCP.uk.net](http://PCP.uk.net)

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**Pioneering Care Centre**  
Carer's Way, Newton Aycliffe  
County Durham, DL5 4SF

Company No: 3491237 Charity No. 1067888

