

IMPACT Wellbeing Programme For the Care Sector

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

People involved in giving and receiving care and support are taught simple relaxation techniques with a mindfulness-based approach. They gain an understanding of the causes and effects of stress and develop skills for life.

IMPACT can be used by staff, clients and patients in the home, residential homes, hospitals and hospices.



IMPACT can be used by support groups:

- Carers
- Stroke rehabilitation
- Stop smoking ... and so much more.
- Parents
- Domestic abuse

IMPACT Wellbeing Programme helps people to:

- Understand and manage stress
- Feel calmer and more contented
- Improve concentration
- Gain confidence /develop friendships
- Improve their physical, mental and emotional health

www.touchlinetraining.co.uk

© Touchline Training Limited. Registered in England No: 06346041

Instructor's Training

Develop skills for life

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

"I've been really happy to join in the sessions and enjoyed every moment."

Parent

"Breathing and relaxation very good. Enjoyed the massage."

Stroke Survivor

Make wellbeing *YOUR* concern!

For further details visit:
www.impact4wellbeing.co.uk

Contact: Trainer: Anne Crease

T: 01884 256284

E: anne@touchlinetraining.co.uk

W: www.touchlinetraining.co.uk

Additional support for Instructors. Resources available to download from our website

www.touchlinetraining.co.uk

© Touchline Training Limited.

Registered in England No: 06346041