

IMPACT Wellbeing Programme

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

IMPACT can be used throughout life.

- With early years and parents
- With young people
- In company workplaces
- In the care Sector
- At home



"I feel the course has equipped me with the knowledge and understanding necessary to spread the word."

Instructor, Wigan



Make wellbeing *YOUR* concern!

INSTRUCTOR'S TRAINING

Develop skills for life

Adults attend a one-day IMPACT Wellbeing Programme training course; Workplace Wellbeing for Young People and Adults or Kind Hands; Wellbeing in Early Years. Instructors teach individuals and groups using one-off sessions or a series of workshops, to deliver the programme.

For details of open and in-house training please visit:
www.impact4wellbeing.co.uk

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

IMPACT Workplace Wellbeing for Young People and Adults

Teach people simple, effective techniques to help them manage stress and improve wellbeing. Give skills for life to:

- Young people in schools, colleges and youth groups
- Adults in the workplace and at home
- People involved in giving and receiving care and support



*"It helps you take your mind off a lot of things."
Year 11 student*

KIND HANDS

IMPACT activities use positive and nurturing touch for early years children, their parents and carers.

Children learn through play to form positive relationships and develop respect for others.

- Children's centres
- Nurseries
- The home
- Family centres
- Playgroups

"The way in which our individual setting's needs were considered was impressive." Nursery Head, Bristol



Contact:

Trainer: Anne Crease

T: 01884 256284

E: anne@touchlinetraining.co.uk

W: www.touchlinetraining.co.uk