

**Nurture Equip Thrive Project**

The aim of the project is to support **employed** people to stay in work if they have a work limited health conditions or disability, return from sick leave or take on career development opportunities.

**The support offered will:**

* Encourage you to take part in any activities that would benefit you to improve your health or job market situation i.e. Work with Confidence, Control Anxiety and Fit for Work (Mindfulness, Relaxation, Food and Mood, Tai Chi and Walking Activities)
* Support you to improve and manage your health situation
* Give you the skills to become competent at completing job applications writing and updating CV’s and have good interview techniques
* One to one individual support tailored to your needs

**Course Objectives:**

***Anxiety***

* Gain an understanding of what anxiety is
* Identify some causes of anxiety
* Gain an understanding of the importance of learning about anxiety
* Recognise why having an understanding is important
* Identify what happens to a person’s body when anxious
* Gain an understanding of why anxiety occurs
* Learn and practice a breathing method to relax

***Confidence***

* Gain an understanding of what confidence and self-confidence is.
* To gain an understanding of what self-esteem is.
* To identify some causes of low self-esteem.
* To gain an understanding of how thinking is influenced by behaviour.
* To gain an understanding of some tips and strategies for being assertive.
* To gain an understanding of the difference between rational and irrational thoughts.
* To gain an awareness of what happens when irrational thoughts are not challenged.
* Gain an awareness of the difference between constructive and destructive criticism.
* Gain an understanding of different reactions to criticism.
* Gain an awareness of different ways of communicating.
* Gain an awareness of how a lack of confidence affects communication.
* Practice active listening skills.
* Gain an understanding of how to enter into conversations.
* Practice visualisation of confidence in communication.

***Fitness for Work***

* Deliver a variety of ‘hands on’ workshops exploring Physical, Emotional and Nutritional Wellbeing
* Identify how daily life can impact on our wellbeing
* Explore the benefits of physical activity
* Participate in getting foodwise
* Build emotional resilience

**For more information please contact:**

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