

**Beam**  
Exceptional Wellbeing Support

# 6 Week Wellbeing Programme



## Join our **FREE** Online Wellbeing Programme

Begins 3rd October.

Sessions run every Thursday at 10am until 11.15am for 6 weeks (no session 31st October).

Sessions delivered over Teams.

Free for Creu Cymru members. £60 for non-members.

An optional 1-1 session with the course leader is £64.

Please register your interest as spaces are limited.

## We cover:

- ✓ Understanding Wellbeing
- ✓ Becoming Resilient
- ✓ Stress and Anxiety
- ✓ Self Care
- ✓ Boosting Your Confidence
- ✓ Creating Your Wellbeing Toolkit

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# 6 Week Wellbeing Programme

## Week 1 - Understanding Wellbeing

## Description

In week one we will get a greater understanding by what we mean when we talk about wellbeing. We will discuss routes to wellbeing and why prioritising our wellbeing has multiple benefits

## Overview

During this session we will look at:

- What wellbeing means?
- How we measure our own wellbeing
- The importance of mind, body and soul in wellbeing
- The benefits of prioritising our wellbeing

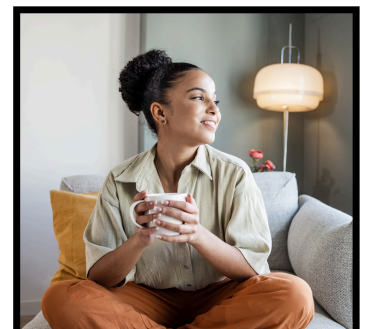
## Outcomes

By the end of this session, delegates will be able to:

- Explain what wellbeing means to them
  - Know how to monitor and measure their own wellbeing
  - Recognise why all parts of our self need to be cared for
- Experienced a relaxing meditation

## Format

This session runs on Thursday 3rd October from 10am to 11.15am prompt. The session is over Microsoft Teams. This session will be delivered by Lianne Weaver from Beam Development & Training Ltd. All six sessions must be attended. There will be a maximum of 16 delegates.



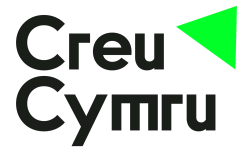
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# 6 Week Wellbeing Programme

## Week 2 – Becoming Resilient



## Description

Our week two session will look at the topic of resilience. We will explore what it means to be truly resilient and how we can move from surviving to thriving.

## Overview

During this session we will look at:

- What it means to be resilient
- What resources are needed to be resilient
- The negativity bias
- Key tools to boost resources

## Outcomes

By the end of this session, delegates will be able to:

- Understand the importance of being more resourceful
- Understand why their brain frequently focuses upon the negatives
- How to balance their negativity bias
- Ways in which to boost their resources

## Format

This session runs on Thursday 10th October from 10am to 11.15am prompt. The session is over Microsoft Teams. This session will be delivered by Lianne Weaver from Beam Development & Training Ltd. All six sessions must be attended.



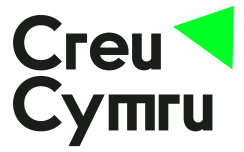
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# 6 Week Wellbeing Programme

## Week 3 – Stress and Anxiety



## Description

This session looks at the impact of stress and anxiety on our wellbeing. We will explore how stress and anxiety are natural responses and when they become problematic.

## Overview

During this session we will look at:

- Understanding stress and anxiety as natural responses
- Understanding what happens in the brain when we are stressed
- Recognise the 5 F's of stress
- Understand how to complete the stress cycle

## Outcomes

By the end of this session, delegates will be able to:

- Recognise the benefits of stress
- Recognise how people (including themselves) respond to stress
- Have tools and techniques to lower and manage their own stress and anxiety
- Know why it is important to complete the stress cycle

## Format

This session runs on Thursday 17th October from 10am to 11.15am prompt. The session is over Microsoft Teams. This session will be delivered by Lianne Weaver from Beam Development & Training Ltd. All six sessions must be attended.



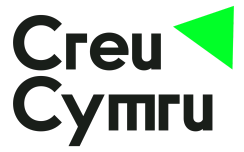
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# 6 Week Wellbeing Programme

## Week 4 – Self Care



## Description

Our fourth session tackles the subject of self care. Learn why self care is far more than massages and bubble baths and understand the fundamentals of self care and how to practice them.

## Overview

During this session we will look at:

- Recognising the importance of self care
- Overcoming guilt for practicing self care
- The fundamentals of self care including, sleep, hydration, movement and more.

## Outcomes

By the end of this session, delegates will be able to:

- Know how to overcome a guilt mindset
- Understand why self care has to be a daily practice
- Have key tools to improve their sleep, movement, hydration and more.

## Format

This session runs on Thursday 24th October from 10am to 11.15am prompt. The session is over Microsoft Teams. This session will be delivered by Lianne Weaver from Beam Development & Training Ltd. All six sessions must be attended.



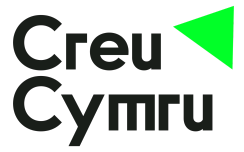
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# 6 Week Wellbeing Programme

## Week 5 - Boosting Your Confidence



## Description

This session explores the importance of self confidence and how we can feel more confident in all areas of our life.

## Overview

During this session we will look at:

- The relationship between confidence and trust
- How to be more trustworthy to others and ourselves
- How to create a more confident mindset

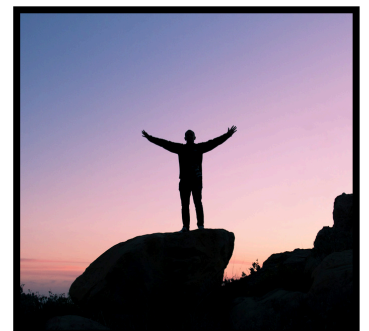
## Outcomes

By the end of this session, delegates will be able to:

- Know why they must "do what they say they will do"
- Recognise that confidence is intrinsic not extrinsic
- Understand how to overcome limiting beliefs to feel more confident
- Know how to silence their inner critic

## Format

This session runs on Thursday 7th November from 10am to 11.15am prompt. The session is over Microsoft Teams. This session will be delivered by Lianne Weaver from Beam Development & Training Ltd. All six sessions must be attended.



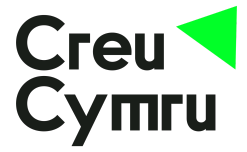
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# 6 Week Wellbeing Programme

## Week 6 – Creating Your Wellbeing Toolkit



## Description

This final session combines everything covered along with science backed tools proven to boost our wellbeing and create a more positive mindset.

## Overview

During this session we will look at:

- Why we need multiple tools to boost our wellbeing
- Why 'one size' does not fit all
- How to create our own wellbeing practices to ride the waves of life

## Outcomes

By the end of this session, delegates will be able to:

- Create their own wellbeing toolkit
- Have multiple tools which they can refer to
- Understand why we need multiple tools
- Recognise the importance of prioritising their wellbeing

## Format

This session runs on Thursday 14th November from 10am to 11.15am prompt. The session is over Microsoft Teams. This session will be delivered by Lianne Weaver from Beam Development & Training Ltd. All six sessions must be attended.



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