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 **Learning and Development**

**Title: 5 Ways to Wellbeing**

**Audience:** This is a 1,5 hour introductory workshop

 \*Delegates only need to attend 1 session

**Description:** We will explore the 5 ways to wellbeing and introduce the training pathway

that will be available for staff to support many aspects of wellbeing and mental health

**Objectives:** By the end of this course you will:

* Have an awareness of the 5 Ways to Wellbeing
* An understanding of the training pathway around wellbeing and mental health

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| **Dates** | **Times** |
| 17 January 2023 | 1.00pm – 2.30pm **or**3.00pm – 4.30pm **or**5.00pm – 6.30pm |
| 2 February 2023 | 9:00am-10:30am **or**1.00pm-2.30pm |
| 2 February 2023 (on Teams) | 11:00am-12:30pm |
| 8 March 2023 | 9:00am-10:30am **or**11:00am-12:30pm **or**1.00pm-2.30pm |
| 12 May 2023 |
| 7July 2023 |
| 15 September 2023 |
| 7 November 2023 |
| 12 January 2024 |
| 7 February 2024 |

**Courses:**

**Venue:** Castle Hill Centre, Castleton St, Bolton BL2 2JW / Teams

**Facilitators:** Learning and Development Team

**Price:** No Charge

**Booking Info:** Please email learninganddevelopment@bolton.gov.uk with the following information: course title, date and time, your full name and your organisation name, address and contact details

**Cancellation:** To cancel your place, please notify the Learning and Development Team on 01204 337600 or email learninganddevelopment@bolton.gov.uk

You must cancel your place at least 2 weeks prior to the course date, otherwise the following charges will apply-

* 2 weeks or more – No Charge
* 1-2 weeks prior - £25.00
* The week of the training course Full Cost – Non-attendance Full Cost

**IMPORTANT** - If your course is free of charge and you cancel within 2 weeks or do not attend, you will be charged £25.00

