



# Foundations of wellbeing

**5 week course  
for RGS students**

Positive relationships  
Emotional regulation  
Building resilience  
Identity + belonging  
Anxiety management

Post pandemic power pack. This course will coach the key foundations of wellbeing in a way which promote authenticity, confidence, self-awareness and long term health. Develop positive lifestyle habits, now.

A blend of in-class coaching, journaling, and home practice to deepen new habits.

- Bespoke course built for young people
- 5 x90 minute sessions
- Held at RGS
- Dates: Mondays 4-5.30pm on 7 / 14 / 21 / 28 November / 5 December 2022
- £150 per person

# Mindfulness for life

**8 week course  
for RGS parents**

We can't control our thoughts, but we can learn to have a good relationship with them.

Ancient practice meets modern science, promoting wellbeing through mindful practice, strengthening resilience, performance and supporting quality of life. 8 weekly sessions held in small groups, plus daily home strengthening tasks.

This is mindfulness based cognitive therapy in a non-clinical setting.

- MBCT: For Life 8 week official course
- 8 x2 hour sessions
- Held at RGS
- Dates: Mondays 6-8.15pm on 3 / 10 / 17 / 31 October / 7 / 14 / 21 / 28 November 2022
- £100 per person



Courses delivered by Andrew Zair, former RGS student and teacher, qualified mindfulness and wellbeing coach.

Learn more: [www.azintuition.co.uk](http://www.azintuition.co.uk)

If cost feels prohibitive please reach out in confidence.

All further information, questions and bookings to:

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