

Managing Stress, reducing anxiety & increasing resilience

**with Janey Bell, Executive Coach and
Certified NLP Trainer**

This session is designed to give you practical tools to identify what you can do each day to help you feel more optimistic and resourceful.

Discover tools and techniques to help you change how you think about stress, & strategies to increase your personal resilience.

Joint session with Kids First/Talk Autism/Adults First

Tuesday 23 June, 2pm to 4pm

Click the link in the event email to join the webinar

- ✓ For more information or to register with Kids First / Adults First and receive news of all our events, just ring 020 3963 0597 or email kf.admin@mertonmencap.org.uk or af.admin@mertonmencap.org.uk.