


Wellbeing Workshop

FREE workshop available, 100% of voluntary donations will go to **YOUNGMINDS**, see inside for more details... 

Super fun and empowering wellbeing workshop. Introducing your pupils to an engaging workshop that will help young people to identify, understand and overcome fear, encourage them to step outside comfort zones, set goals and become the person they wish to be.

#wellbeing #youngmindsmatter #mentalhealthawareness #positivethinking #self-belief #goals #feelings
#emotions #empathy #bekindtoyourself

"Too many of us are not living our dreams because we are living our fears"

Wellbeing workshop

Yep are excited to introduce our 90-minute “Overcoming fear & promoting wellbeing workshop”

Michael, our co-director says, “using my 11-year-old daughter, Bella, acting as a pupil during Spring 2021 lockdown, Yep have developed an exciting workshop to help young people overcome fear, set goals and promote mental health and wellbeing”.

We all experience fear, it’s a normal human emotion. Our workshop is about recognising our fears and what is holding us back. Sharing real-life stories that will help, inspire, and empower young people to believe in themselves.



A chance to explore how to overcome barriers and realise that anything is possible, however bumpy the road may feel or challenging the goal may seem.



Let us embrace and overcome fear, together...



We believe it is vital young people realise the importance of overcoming fear and setting smart goals. This workshop will inspire them to do just that and give them the confidence to strive towards their dreams and aspirations. Most importantly, it will enable them to become the person they wish to be.



Dates: Workshops available January through to July and September through to December (Thursdays only).

Prices: £400 + vat (60% discount available for Yep client schools) and fuel at 45p per mile.

FREE workshop available during July and September any voluntary donations will be donated to **YOUNGMINDS**. (The UK's leading charity fighting for young peoples health).


Please note! Due to the popularity of this workshop, we are now taking bookings 6-months in advance, to avoid any disappointment book soon.



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Topics: Fear, Emotions, Empathy, Comfort zones, Feelings, Gratitude, Self-belief, Social-media, Vision board & Goal setting.

Contact Yep on 01206 323601 or e-mail help@yepschoolsdirect.com or follow our

 Instagram [yep_schools_direct](https://www.instagram.com/yep_schools_direct)