

WELLBEING WORKSHOPS AND TASTER EVENTS

At Proper Job we understand how difficult it is to engage with people. To help build confidence within your communities we would like to offer one-off taster sessions or a series of workshops in the following:

MINDFULNESS WORKSHOP

A SERIES OF TECHNIQUES TO PROMOTE A CALM AND RATIONAL OUTLOOK

CREATIVE WRITING

FOR ANYONE NEW TO WRITING WANTING TO TAKE THE FIRST STEPS WITH THESE FUN AND CREATIVE APPROACHES

WELLBEING WORKSHOP

A SERIES OF LIGHT AND EASY EXERCISES TO HELP IMPROVE YOUR SENSE OF WELLBEING

PUPPETRY

MAKE AND LEARN HOW TO USE YOUR OWN PUPPETS

SINGING

GROUP SINGING IS A RECOGNISED WAY TO HELP YOU FEEL BETTER AND THIS IS THE PERFECT WAY TO GET STARTED



WE ARE OFFERING ALL OF THESE WORKSHOPS AS EITHER:

- **A ONE OFF 90 MINUTE TASTER SESSION**
- **A SERIES OF 4 WEEKLY WORKSHOPS IN ANY DISCIPLINE**
- **PICK AND MIX ANY COMBINATION OF WORKSHOPS**
- **ACCESS ALL 5 WORKSHOPS RUNNING EVERY WEDNESDAY FROM OUR BASE IN BYRAM ARCADE**

FOR MORE INFORMATION CONTACT

CHLOE@PROPERJOB.ORG.UK / 07970 112712