

# De-stress and Relax SWAN programme

Strengths, Weaknesses, Ambition & Needs



## FANTASTIC FOR BOTH INDIVIDUALS AND GROUPS AND REALLY HELPS DEVELOP GOAL SETTING

This programme is fantastic for both individuals and groups and really helps develop goal setting. By working on lifestyle, health, work and relationships this one day stress management course helps people look at their lives and identify the best direction for them.

The first step in this process is to identify how you are currently dealing with stress and then look at ways to cope better. Participants will look at themselves in depth identifying their Strengths, Weaknesses, Ambition and Needs.

**This is a 1 day course.**

By listing these they can more clearly identify their feelings in order to find the best path.

This course also looks at ways to improve how you deal with stress including breathing techniques and practical skills to improve the way you communicate.



## Bridge of HOPE

**For training enquiries contact**

**MARY STANTON**

Training Co-ordinator  
McSweeney Centre  
Henry Place, Belfast BT15 2BB  
028 9032 2289  
mary.stanton@ashtoncentre.com

**For other enquiries contact**

**IRENE SHERRY**

Head of Victims Services  
028 9074 6737  
irene@ashtoncentre.com

**LINDSAY WHITTEN**

Operations Manager  
028 9032 2289  
lindsay.whitten@ashtoncentre.com

**ÁINE MAGEE**

Development Worker  
028 9032 2289  
aine.magee@ashtoncentre.com

Bridge of Hope

**A programme of  
Ashton Community Trust**

[www.thebridgeofhope.org](http://www.thebridgeofhope.org)

Community Relations Council



An Oasis of Peace