

Creating a Culture of Well Being

Delivered by Space to Breathe this workshop will equip you with the skills seeks to explore cultures of wellbeing within your church and help you to develop healthier working patterns and practices to aid psychological safety and enable those attending your church and involved in it's work, to thrive.



Booking Details

To Book Complete the Booking Form here



Email
safeguarding.1and4@urc.org.uk



Location:
[Ardeen Road URC, Doncaster DN2 5EU](#)

TRAINING DETAILS



9:30 AM

Arrival and Coffee

10:00AM – 1.00PM

Session

Refreshments will be provided

FACILITATOR

Andy has worked in caring services and organisations for over 25 years, first starting in Church youth work and now in mental health and wellbeing. He founded Space to Breathe 10 years ago. Andy is an experienced mindfulness practitioner and is a trained in CBT and as a Safeguarding Lead. He has considerable experience working in the areas of stress, anxiety and emotional regulation – in community, business and NHS settings. Andy also enjoys writing and music and is a dad to five grown up kids. He lives in Sheffield.

For more information about Space to Breathe please check out their website [here](#)
