



Keeping Calm

Better understand your mind and body with this one hour workshop. Learn how breathing can help you to manage your emotions and reduce stress both at work and at home.

100%

would recommend this training to a friend or colleague *

Training date

14th May 2026

10.00am-11.00am

**Online
Session**



To book, please email
training@mnessexmind.org
or book online at
mnessexmind.org/training