



Sleep Well, Work Well

An interactive 1.5 hour workshop that helps to raise awareness of the importance of sleeping well and how this can affect your work and home life.

100%

would recommend this training to a friend or colleague *

Training date

11th May 2026

9.30am-11.00am

**Online
session**

To book, email training@mnessexmind.org
or visit mnessexmind.org/training

