



Training Menu Spring 2025

PERSONAL DEVELOPMENT COURSES

Re:develop – Mondays

An opportunity to look at the way you handle stress and anger, explore your relationships and understand anxiety and depression. A chance to improve your daily resilience through increasing your self-awareness and 're-wiring' your brain.

Re:vive - Tuesdays

A chance to begin resolving past issues and make plans for the future in a safe and informal environment for those wanting to look at their self-belief, confidence, mental wellbeing as well as explore the roots of behaviours

Mentoring L1 - Wednesdays

Ideal for anyone wanting to move into working with people. Find out what mentoring is, how to communicate effectively and note taking skills.

Mentoring L2 - Thursdays

Explore more about the way you tick, professional boundaries, limitations, responsibilities, solution focused and motivational coaching. The level 2 expands more into person centred solution focused tools.

Mental Health Awareness - Fridays

Find out more about mental health, how it affects different people and how to manage your own wellness, or support others with theirs.

All courses one day a week for 6 weeks with one induction session prior to the main course, run throughout the year. OCN London accredited qualifications.

To find out more, contact Karl.Webb@Shekinah.co.uk or
pop along to Stonehouse Creek, PL1 3SF
any weekday between 2:30pm and 3.30pm or on
Friday afternoons between 12:30pm to 3pm



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Re:lease - Mondays

Previously known as 'Letting Go / Love Yourself'

What do you need to let go of?

Explore themes of forgiveness and self-care in this 6 week course.

Re:Skill – Maths & English

Do you struggle with reading, writing and arithmetic? Want some help to know where to start your learning? Improve your basic skills that will help in all aspects of your life. Any ability, from Entry 1 to Level 2.

Initial **Maths** sessions on **Tuesday afternoons** for 2 weeks and then individual programmes planned.

Initial **English** sessions on **Friday mornings** for 2 weeks and then individual programmes planned.

Carpentry @ Stonehouse Creek

A safe and friendly place to learn to use hand tools and create a sustainable project. Maximum number of learners per group is 4 so please contact us to reserve your space! Work toward an OCN London Level 1 accredited qualification.

Re:Compute – Digital Skills / ICT

Don't feel left behind! Get to know the basics or improve your essential digital skills using mobile phones and computers. Choose your own programme of learning and get support all the way to an Essential Digital Skills qualification. Thursdays and Fridays

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