



Training Menu Summer 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.

Carpentry - Wednesdays

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.

Addiction Awareness

Monday 2nd June **or** Tuesday 1st July

Discuss what addiction is, how affects the person with addiction, their friends and family, and how to get support.

Re:Create - Fridays

Our newest course – come and explore some different art styles and crafts. Choose your own art project and work towards a Level 1 accredited qualification within 6 sessions.

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