

10 minute videos with workbooks & 1 Minute support videos

Managing Stress



Being Resilient



Health and Wellness



Being assertive



Mindfulness



Emotional Clients and Colleagues



Dealing with Anxiety and Stress

Being Resilient

Stress Response

Choose your Attitude

Calming anxiety in the moment

Boosting Confidence

Amygdala Hijack

Dealing with Change

1 minute video refreshers & quick reinforcers

Timeline for programme application

1

2

3

4

5

6 & Return to start