

Success Intelligence & The Happiness Project Presents

Coping with Change - Stress Busters!

Ian Lynch from the Happiness Project www.happiness.co.uk will be running a number of workshops that will examine change, anxiety and fear and offer 'Stress Busters', to help support anyone who is affected by moving home, away from the Heygate estate.

Ian will share with you the following:

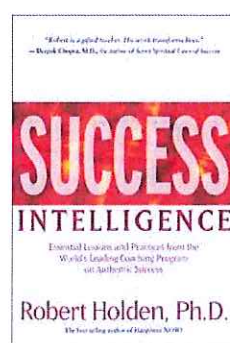
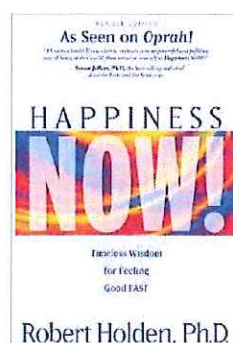
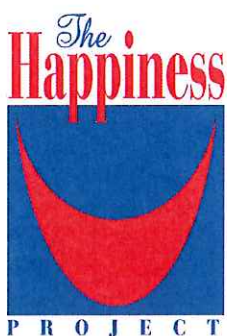
- Change - how it affects us all
- Anticipating Change - tools to help us
- Support and Strategies - how to survive through periods of change
- Shift Happens - how to accept and grow with change
- Help - how to get the help you need and not go it alone

Dates: 8th & 22nd October, 12th November 2008

Time: 6pm for 6:30 start to 8pm with a half hour break for questions etc.

Venue: The Old Surgery (Above Heygate Shops), 27/29 Brandon Street,
Heygate Estate, London SE17 1NA

The Happiness Project was founded by Dr Robert Holden, who holds a doctorate in happiness and is the author of best-selling books *Success Intelligence*, *Happiness NOW!* and *Shift Happens!*





Major Projects
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15th October 2008

Dear Resident,

Coping with Change – Stress Busters!

We would just like to remind you about the workshops we are holding, examining change, anxiety and any fears you may have around the rehousing process. The two hour sessions offer a range of practical techniques and tools to help support you, and are an opportunity to meet other residents and share experiences. The first workshop took place on the 8th October in confidence, and was attended by a number of residents who appear to have found it useful.

The workshops are run by **Ian Lynch** (T: 01932 560 308, E: info@happiness.co.uk) from **The Happiness Project** (www.happiness.co.uk), a creative consultancy that features the work of Robert Holden whose innovative work has been the subject of thousands of media features worldwide. These include two major TV documentaries – QED's 'How to be Happy' and BBC's 'Stress Busters'. The Happiness Project has also run a number of successful workshops with the NHS.

The workshops are open to Heygate residents aged 16 and above. Unfortunately we are unable to offer any childcare facilities on site but can provide reimbursement of childcare costs should you need to hire a baby sitter in order to attend. For further information about recovering carer's costs please contact us on the number below. If you would like to attend the workshops, please contact us on **0207 525 4808** to confirm your attendance. Whilst we would encourage people to drop in at last minute should they so wish, there is a maximum room capacity and therefore we would not be able to guarantee you a place unless you confirm your attendance in advance.

The workshops will be held on: **22nd October and 12th November 2008**

Venue: **Old Surgery (above Heygate shops)
27-29 Brandon Street
Heygate Estate
London SE17 1NA**

Time: **6pm for 6:30pm start to 8pm with a half hour for questions**

We look forward to seeing you!

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