

Bounce!

Putting your well-being back in your hands

An innovative, engaging workshop designed to help individuals take control of their well-being and take practical steps towards improving their resilience to the stresses that life can throw at them.



Overview

Bounce! empowers participants to explore what well-being means to them personally, and provides support and guidance in the development a personalised plan of action, encouraging them to make small, achievable changes to their lives and outlook on life. Bounce! workshops are delivered by experienced, dedicated trainers who have a wealth of expertise in communicating with a wide range of audiences and engaging participants in looking at how to make positive changes for themselves and those they care about.

Bounce! is completely flexible and bespoke, with each workshop tailored to the recipient group; we have delivered to groups from disadvantaged backgrounds, looked after children, businesses and those for whom English is not their first language. Whatever requirements the group has, Bounce! can adapt and meet those requirements effectively.

Consisting of a range of interactive, engaging elements interspersed with group discussions and individual work, Bounce! prides itself on providing practical solutions and encouraging ownership of individual well-being.

Key Outcomes

- Acknowledge the obstacles which can impinge on your well-being and identify practical ways of overcoming them
- Plan for a healthier and happier future
- Take back control of your individual well-being
- Develop personal and family-centred well-being and resilience

Course Outline

- Explore what well-being is and what it means to the individual
- Examine different areas of your life and identify what you currently do well to maintain your well-being
- Identify areas for improvement
- Develop a personal plan towards achieving a chosen goal aimed at improving well-being
- Identify ways in which to deal with stress more effectively

enableeast
making improvements actually happen

Bounce! Plus workshops include all the Bounce! content as well as a fun, engaging activity carefully chosen to explore new areas and work in harmony with your personalised workshop. Some of the sessions we have provided in the past include: low rope walking, spa treatments, abseiling, archery, mindfulness and dance classes.



"I found it very thought provoking and am looking forward to making some important changes in my life using the ideas presented in the Grow Model."

Bounce Workshop Participant

Key Points

- Two hour workshop with option to extend with Bounce! Plus activities
- Bounce! workshops are designed for groups or organisations who would like to learn more about well-being and resilience while being surrounded by their friends and support networks. We can deliver Bounce! to groups in their own settings or source a suitable local venue on your behalf.
- Contact Enable East on 01206 287543 or email enableeast@enableeast.org.uk