



Samaritans Training &  
Engagement Programmes

SAMARITANS

# ➤ Building Resilience and Wellbeing

## One Day Course Outline

Every day, at work and at home, we may face challenges that can cause stress and impact wellbeing. **Building Resilience and Wellbeing** equips people with practical strategies to strengthen their personal resilience, enhance their wellbeing and prioritise their self-care.

Led by an expert Samaritans facilitator and using a variety of tools to encourage interaction and group learning, **Building Resilience and Wellbeing** is a one-day course (available online or in-person) that helps organisations to build resilience, support emotional health and improve wellbeing.

## Book now

Email: [step@samaritans.org](mailto:step@samaritans.org)

Web: [samaritans.org/step](https://samaritans.org/step)

Tel: **020 8394 8449**

Samaritans is a registered charity

