



Welcome to:

# The Empower Course

South Yorkshire

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A big congratulations for signing up for your place on the course.

# We are Endorphins

We run a wide range of inclusive programmes for both adults and children. Our biggest aim is to help individuals to feel healthy and happy so that they can reach their full potential.

With extensive experience across a range of sectors, including - training, education, health, well-being and community cohesion, we have a strong track record of designing and delivering innovative programmes that make a positive difference to mental, emotional and physical health.



# Course Dates and Times

Congratulations, you have taken a positive step to improve your wellbeing by signing onto our **2-Day Empower course!**

Your course runs on the **30<sup>th</sup> – 31<sup>st</sup> August 2023.**

Sessions will start at **10am and will finish around 3pm.**

After the course has ended you will receive an additional 8 weeks 1-2-1 support by your dedicated tutor.



## We help to -

- Remove negative thoughts
- Inspire action and motivation
- Build confidence and self-esteem
  - Tackle stress and anxiety
  - Set and achieve your goals
- Provide job application support if needed and a well-being tool kit

## By providing -

- 2 days of group activities
- 1-2-1 sessions to support with your unique barriers
- Flexible approach around individual circumstances

# Course Overview

Our **2 Day Express Programme** will focus on developing a stronger and more growth orientated mindset which will inspire change and create movement and action to progress you towards your intended goal.

Our programmes are group sessions in person but we hold online courses from time to time.

1-2-1 sessions will be available for up to 8 weeks after finishing the course to give you the chance to progress on to a positive destination whatever that may be.



## During the course

During the course you will participate in two group sessions covering –

- Mindset
- Self-esteem building
- Resilience
- Self-assessment
- Interview skills and effective job search if needed.
- Mindfulness techniques

The course will be more active and focused on skills development and wellbeing rather than filling in workbooks.



## 1-2-1 Support

Once you have completed the sessions, you will receive 1-2-1 support from your tutor which will be tailored to your individual needs and progression route, driving you towards your intended goal.

These 1-2-1 sessions will be available for up to 8 weeks to give you the chance to progress on to a positive destination.

# Meet the team before you start

A very warm welcome from us, we are really excited to meet you!

In preparation for the course, we would like provide you with the opportunity come along and meet us in person.

We are here to make attending the course as easy as possible for you.

Therefore, we will be hosting a pre course coffee morning on Tuesday 22<sup>nd</sup> August 2023 at Woodlands Library and Community Hub, Windmill Balk Lane, Woodlands, Doncaster DN6 7SB. Speak with your Empower representative to book a time slot.

We will be able to catch up at the course venue and we will answer any questions you may have so you know exactly what to expect when you start.

We hope to see you there!

# How to contact us

## Your Referral Contacts: **Megan**

(Please use these contact details if you haven't yet started the course.)

Before you start the course your referral contact is on hand to answer any questions.

### Contact details -

**P:** 07535 627440 **E:** [megan.green@endorphins.uk](mailto:megan.green@endorphins.uk)

## Your Tutor: **Sam**

(Please use these contact details if you have started the course.)

Your tutor will be the same throughout the duration of the course. Once you begin the course your tutor becomes your main point of contact. They will be there to answer any questions you may have or address any worries or concerns.

### Sam's contact details are -

**E:** [samantha@endorphins.uk](mailto:samantha@endorphins.uk)



Make sure you are following us online! Search Empower by Endorphins on social media.

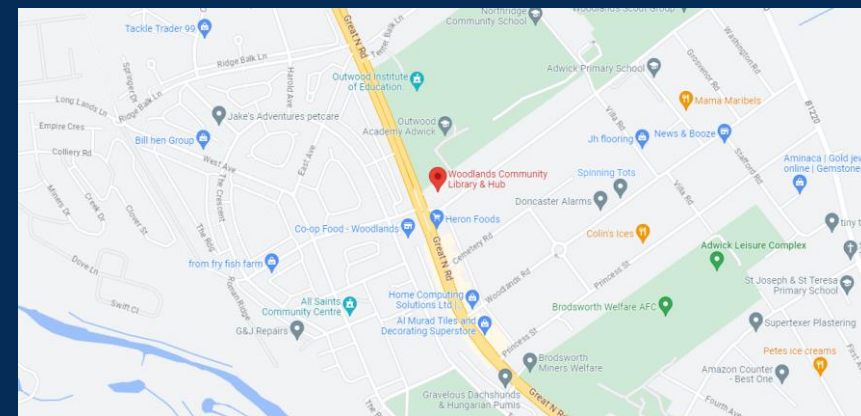


# The Venue

Your course will be held at –

Woodlands Library and Community Hub –  
Windmill Balk Lane,  
Woodlands,  
Doncaster  
DN6 7SB.

The venue itself has all the amenities you will need. There is great transport links and parking nearby.



## FAQ's

We provide biscuits, water, tea and coffee. Unfortunately, lunch is not provided however it is available to purchase from the nearby shops or please bring your own packed lunch.

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Dress code is casual, whatever you feel comfortable in!

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Stationary and any other equipment will be provided by us.

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## Further FAQ's

We are lucky to have some great referral partnerships, should you wish to explore volunteering, employment or additional activities please speak with your tutor.

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Our team are available Monday – Friday, 9.00am - 5.00pm.

Should you call/email or text us we will aim to contact you within the same working day.

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Should you have any questions or queries prior to the course please do not hesitate to contact your tutor or referral contact.



# What previous learners say about the course

"I have faced a lot of my fears and the mindfulness sessions of the course have really helped me to reduce my stress levels. This has led me to feel more confident in practicing my English speaking skills."

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"Before I started this course I always felt that my skills and experience were unvalued and underused. I now know that my skills and experience are one of my greatest assets and how to put them to the best use to move forward and reach my goals."

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"Taking part in the Endorphins course has increased my confidence and due to the mindfulness sessions I feel much more positive."

See more from our past learners on our social media channels.





Search Empower by Endorphins  
on social media

## Empower by Endorphins

E: [empower@endorphins.uk](mailto:empower@endorphins.uk)  
[www.endorphins.uk](http://www.endorphins.uk)

**Empower Course - South Yorkshire**

We are looking forward to seeing you soon!

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