



**STACEY MILLER**  
C O N S U L T A N C Y  
Positivity and Prevention

## ONE HOUR WORKSHOPS

Can be delivered online or in-person.

- 5 ways to personal wellbeing
- A-Z coping strategies
- Benefits and how to practice gratitude
- Bereavement and loss
- Challenging negative thinking
- Cutting down the booze
- Dealing with stress
- Drugs awareness
- Food and mood
- Getting a good sleep
- How to support friends and family with mental health problems
- How to support your child's mental health
- Introduction to mindfulness
- Making new years resolutions and sticking to them
- Managing anxiety
- Money and mental health
- Peer pressure
- Why do we procrastinate & 10 life hacks to get your focus back
- Recognising poor mental health in the workplace
- Sprinkle of happiness

**Cost: £200**

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