

Habits and Routines for Positive Change: From 25th Jan



This workshop explores the benefits of routine on our wellbeing. We will look at workable strategies for building new habits and routines into our daily lives.

We will also look at why this sometimes doesn't work despite our best intentions and what we can do to avoid this and make our new routine sustainable.

1 Session
Wednesday 25th January 2023
12.00 - 1.30pm
Online



Enrol with us, free to join

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