



KIND REGARDS®
Building positive relationships

Want to improve the way you respond in difficult situations?

**Our course is delivered by people who know
how you feel / have the same experience**

Scan the **QR code** to find out
more about the course!



Our course will support you to:

- Control the 'Inner Voice'
- Overcome Barriers
- Improve Wellbeing
- Implement Change

Once you have completed the course, you will:

- Understand how emotion works
- Learn how to take a moment before responding rather than reacting'
- Build skills, confidence, and self-esteem
- Achieve a **NOCN Level 1 in Behaviour Management**



Interested? Ask your GP Practice to refer you!

Also, **we recruit people with lived experience!**

Contact us at **info@intuitivethinkingskills.com**

or phone **0800 069 9198** for more information