

## Microsoft Teams Timetabled Workshops

	Monday	Tuesday	Wednesday	Thursday	Friday
AM	11.00 – 12.30 STAR, ANTS and Interviews	(TBC) CV Workshop	11.00 – 12.30 Mindfulness Workshop		11.00 – 12.00 Quiz
PM		14.00 – 15.30 FOGO Workshop	14.00 – 15.00 Wellbeing Wednesdays	12.30 -14.00 Mindful Mile Experience	14.00-15.00 Camera and Photography Club

### Workshop descriptions and starting dates:

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#### **STAR/ ANTs and Interviews:**

*Start date; 1/06/2020*

*Facilitator: Michael Foster*

*Co-Facilitator: Natasha Murphy*

Looks at how to prepare for an interview using the STAR technique: Situation, Task, Action, and Result. Workshops also explore the 'Automatic Negative Thoughts' (or ANTS for short) and how in changing our thought process, can result in more of a positive outcome; with reference to employment. Clients will need a pen and paper.

#### **CV Workshop:**

*Start date: TBC*

*Facilitator: Natasha Murphy*

To help clients to create or edit a "cutting edge CV" suitable to use when applying for their chosen job.

#### **FOGO and Confidence Workshop:**

*Start date: Tuesday 26/05/2020*

*Facilitator: Steve Matthews*

*Co-Facilitator: Jane Southouse*

Covers 'FOGO' – Fear of going out. Helping clients to prepare for the next phase of lockdown by exploring feelings of anxiety around and those taking risks. Identifies the struggle with negative and positive thinking. All participants will need a pen or pencil and a couple of sheets of A4 paper to hand

#### **Mindfulness Workshop**

*Start date: Running weekly (clients may join at any time)*

*Facilitator: Natasha Murphy*

*Co-Facilitator: Michael Foster*

An interactive workshop covering the six core areas of Mindfulness Meditation including: mindful breathing, mindful observation, mindful awareness, mindful listening, mindful

immersion and mindful appreciation. Each week includes a practical exercise to try and online resources for independent practice.

### **Wellbeing Wednesdays**

*Start date: 27/05/2020*

*Facilitators: Michael Foster and Natasha Murphy*

This wellbeing clinic aims to provide IAG to clients for mental health provision.

### **Mindful Mile Experience**

*Start date: Currently running every Thursday (clients may join at any time)*

*Facilitators: Michael Foster and Natasha Murphy*

This covers the 6 ways to wellbeing; be active, keep learning, give, connect, take notice and care for the planet. Workshops start on Teams at 12.30pm, then at 1pm takes clients out for a run, walk or jog for 30 minutes, then completes the workshop with a group discussion; remaining on Microsoft Teams throughout.

### **Quiz**

*Start date: 29/05/2020*

*Facilitator: Jane Southouse*

Clients can join Jane for a fun interactive quiz on Fridays – putting their general knowledge to the test.

### **Camera and Photography Club**

*Start date: 29/05/2020*

*Facilitator: Volunteer Luanan Wildish*

*Co-Facilitators: Natasha Murphy/ Michael Foster*

Our new volunteer in Swale has agreed to host a camera and photography club on Microsoft Teams to explore various themes in photography; landscape, nature and animals. Providing tips and techniques on how to capture the best photograph.

Contact details for referral:

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