



**Free** for  
members of any  
Lincolnshire  
based branch

# Mindsets Matter

**Tuesday 12th September 2023**

**6.00pm - 8:00pm**

**Beech House, Waterside South, Lincoln**

This session helps us identify ways of thinking that are working against us and, more importantly, how we can begin to think more positively, creatively and in a way that works for us.

On the session you will:-

- Understand stress, worry, fears
- Identify 'what is holding you back'
- Learn easy to apply strategies
- Learn to response to life events!



**Apply**

For help with your booking -  
[unisonlearninglincs@gmail.com](mailto:unisonlearninglincs@gmail.com)

**UNISON**  
East Midlands

