



# The Essentials

## Half-Day Workshop

Learn a practical 'Toolkit' approach for thinking about, managing and talking about your mental health.

**100%**

Agreed they would recommend this training to a friend or colleague.\*

**95%**

Agreed they could see themselves applying the content of the session in their personal lives.\*

### Training date

**17 November 2026**

**9.30am-1.00pm**

### Location

**Colchester Rugby Club  
Cuckoo Farm Way  
Colchester  
CO4 5YX**

