

MINDFUL EMOTION COACHING LAUNCH EVENT – FEBRUARY 6th
2015 1-3 pm YEOVIL COLLEGE

Thank you for registering for the Mindful Emotion Coaching Launch Event at Yeovil College on February 6th 2015 from 1-3 pm. We are very excited about the prospect of working with you and hope you will join the programme. This event will provide you with an opportunity to meet the team and other participants and to find out more about the project.

Directions to the Yeovil College site can be found at the website – www.ucy.ac.uk



Please note that all visitors need to arrive via reception. There will be a dedicated space within the reception area for you to register and to collect information about the project. Parking is at the rear of the buildings. We have one disabled space at the front, three at the rear of the buildings; access to the buildings is via the front.

The Agenda for the launch is as follows:

- 1.00 Coffee and networking
- 1.30 Welcome to the Project
- 1.40 What it's all about
- 2.15 What does it mean for you?
- 2.30 Discussion groups and Q&As
- 3.00 Close

The Project Administrator is Annabelle Hoyle and you can contact her for any queries or further information via a.hoyle@bathspa.ac.uk

For more information about emotion coaching and the project please refer to the following website: <http://www.emotioncoaching.co.uk/>

If you need to register anyone else for a place at the event, please click on the following link: <http://www.cypsomersethealth.org/index.php?page=events&id=89>

We very much hope that you will join us in this exciting project and look forward to meeting you in February.

Kind Regards

Dr Sarah Temple, Dr Janet Rose and Annabelle Hoyle

