



Lothian Self-Management Programme
Meeting Room 1 – Royal Commonwealth Pool

Workshop 1 Saturday 13 th February 2016	
Starts 10:00 – 12:30	Welcome and Introductions
	Name Wall and Name Game
	Listening to Whispers
	Group Contract

Workshop 2 Saturday 27 th February 2016	
Starts 10:00 – 12:30	NHS Structures
	EACH Charter Bingo
	Relaxation Techniques
	Map of Communication and Listening discussion
	Journal and introduction to blogging

Workshop 3 Saturday 5 th March 2016	
Starts 10:00 – 12:30	Welcome Back
	Egg Game
	Mollie, Joey and Celebrities Story
	Change Cycle
	Group Game: Heads Up!
12:15	LUNCH BREAK

Workshop 4 Saturday 19 th March 2016	
Starts 10:00 – 12:30	Worry Bags
	Stories / Lyrics
	Individual Stories
	Relaxation and Energy Medicine
15:30	Finish

Workshop 5 Wednesday 30 th March 2016	
Starts 10:30	Welcome Back
	I feel...I think...I remember...I wish
	Pacing
	Feeling Good! (Cooking workshop) and Quiz
	Evaluation
12:15	LUNCH BREAK

Workshop 6 Wednesday 30 th March 2016	
13:00	Celebration Session!!! (Usually Samba Drumming, DVD Making, Drama etc)
15:30	Finish

Please arrive at least 10 mins early on the first to allow time for registration and prompt start