

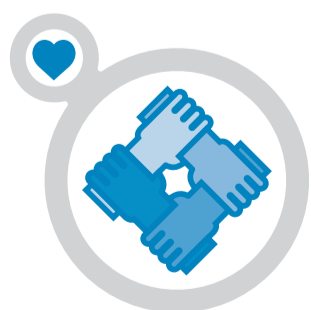
Better Bankside presents

# Better You<sup>22</sup>



Join us this January and February for a series of FREE online events focusing on mental health, physical wellbeing, personal growth and professional development

Thursday January 13	Finding Values and Purpose Webinar (12.00 - 1.00pm)	
Friday January 14	Bankside Ghost Signs Tour (12.30 - 1.30pm)	
Monday January 17	Public Speaking Training (2.00 - 5.00pm)	
Tuesday January 18	Mental Health Awareness Training (9.30 - 1.30pm)	
Wednesday January 19	Self-compassion Webinar (9.00 - 10.00am)	
Wednesday January 19	Plant Club - Sprouting Seeds (12.30 - 1.30pm)	
Thursday January 20	Language Teaching Taster - French, Italian, Spanish, German (12.00 - 2.00pm)	
Monday January 24	Fitness Session with 9Round (5.45 - 6.30pm)	
Tuesday January 25	Deaf Awareness Training (11.30 - 1.30pm)	
Wednesday January 26	Vision Board Making (5.30 - 7.00pm)	
Thursday January 27	Bankside Recruitment Pioneers Launch (9.00 - 10am)	
Friday January 28	Desk Yoga with Lucy Bishop (8.30 - 9.00am)	
Friday January 28	The Pillars of Resilience Webinar (12.00 - 1.00pm)	
Monday January 31	Fitness Session with 9Round (12.45 - 1.30pm)	



Inclusivity & Diversity



Mental & Physical  
Wellbeing



Nature & Climate



Play Where You Work

**BOOK NOW** at [betterbankside.co.uk/events](https://betterbankside.co.uk/events)

**Better  
Bankside**