



MAY HALF TERM WORKSHOP

Do you experience feelings of stress, anxiety or anger?

Do you worry about your friendships?

Do you struggle with confidence and self-belief?

Our workshops combine non-contact boxing instruction with mental health education.

Using our unique Four Corners Method we will support you to learn practical strategies to manage stress, anxiety and anger whilst improving your confidence, physical fitness and overall mental resilience.

**Tuesday 28th - Friday
31st May**

Years 5 & 6: 10am - 12pm

Years 7, 8 & 9: 1pm - 3pm

£60pp for all 4 days

BOOK YOUR PLACE NOW!

hello@gritcharity.org