Writing Skills Workshop

DATE: Monday, 8th May 2017
VENUE: Cumberland House, Carleton Clinic, Carlisle
FACILITATOR: Carol Ross

PROGRAMME

Welcome and introductions
(13:00–13:10)

Part 1 – Writing for wellbeing and stress management
(13:10–13:55)

Part 2 – Elements of effective written communication
(13:55–15:15, with short break for tea/coffee at around 14:30)

Part 3 – Reflective writing
(15:15–15:50)

Evaluations and close
(15:50–16:00)

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