

# Writing Skills Workshop

**DATE:** Monday, 8<sup>th</sup> 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)

### Contact Details:

Carol Ross, Lead Writing Practitioner

Carleton Clinic, Carlisle

Email: [carol.ross@cumbria.nhs.uk](mailto:carol.ross@cumbria.nhs.uk)

Tel: 01228 60 3148

Blog: <http://trioross.wordpress.com/>

