

Well-being & Self Care



Course background:

Flourish Together CIC and **Happy Me Community CIC** have secured the **WEA investment** via the UK Single Prosperity Fund, to support women in Bury. There are 2 elements of the programme. **The Well-being & Self Care course** is developed by **Happy Me Community** team and will be delivered at our Holistic Hub.

Course outline:

Day 1: Discovering a Happy Me

- Introduction to Happy Me Community and our offers
- The principles of 'Happy Me'
- The science of Mindfulness
- Practical guide to the holistic well-being, mindfulness and Self Care
- Happy Me action plan

Day 2: Crafting a Happy Future

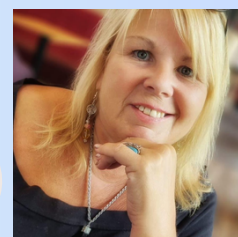
- Identify your Self-confident and self-extreme elements
- Gratitude journaling
- The science of Manifestation
- Vision board workshop and 'Happy Future' action plan
- Wrap-up and celebration!

Course facilitators:



Tik Pavion

Tik and Donna co-founded Happy Me Community since 2023 with their warmest hearts and passion for community and wealth of experiences in...



Donna Webb

Course dates and options: please chose one

Course 1: Friday 5th and 26th of September 2025 at 10.30am to 2.30pm

Course 2: Friday 3rd and 24th of October 2025 at 10.30am to 2.30pm

Venue: Happy Women Holistic Hub at One Step Bury, Albert Works, Brook St, Bury BL9 6AH. Free parking is limited and some paid parking spaces available around the area.

What to bring?

Please come as you are, wearing comfortable clothing and bring your own water bottle. We will provides options of drinks and snack throughout the day, please bring your own lunch that suit your dietary.