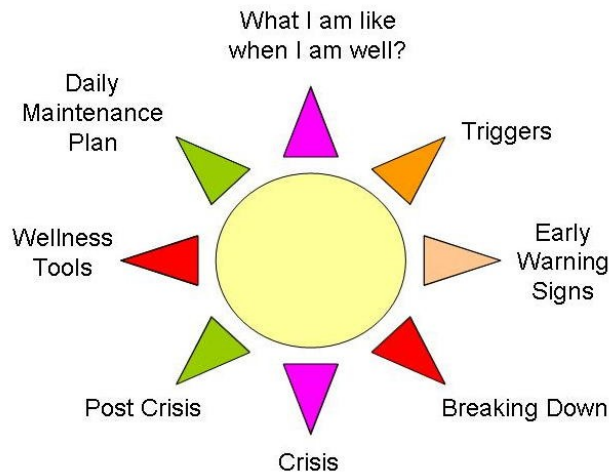


# WRAP **W**ellness **R**ecovery **A**ction **P**lanning

## Overcome fatigue, anxiety and depression



Introduction to WRAP

Leicester

10am to 4pm

Tuesday 10<sup>th</sup> February 2015

Facilitated by Copeland Certified  
WRAP Trainers

### One day of training in the use of Wellness Action Recovery Planning

Develop your personal plan for good health and be prepared for any future crises. WRAP has been in use since 1989 and is accepted by health professionals around the world as an effective route for recovery. Our facilitators have many years experience using WRAP for their recovery and continuing wellness.

### Who is the course for?

We are inviting individuals who want to create a plan for their wellness or recovery, as well as carers, charity and NHS workers.

*“Having my own WRAP has helped me with my health and to understand other people’s journeys.” – Course participant.*

### WRAP in one day?

With this introductory course we cover all aspects of WRAP in one day, rather than the traditional 6 or 8 half days. Participants create their basic wellness plan and learn the tools necessary to development this further at home.

We do not cover the ‘Crisis’ or ‘Post crisis’ steps of WRAP in any detail. These are covered in our Crisis Planning and Advance Statements Course (11<sup>th</sup> Feb in Leicester).

### Outline

- The values and ethics of WRAP
- Considering what wellbeing & recovery mean to you and others on the course
- Having aims / planning as a skill
- 5 key concepts of recovery
- 7 step plan for staying well / learning from crisis

### To find out more and to book a place

Cost: £45 per person

Limited number of discounted places for voluntary sector / people on a low income

Email: [info@wraptraining.co.uk](mailto:info@wraptraining.co.uk)

Phone: 01163 260444