



Gyrfa Cymru
Careers Wales



Working Wales

#changeyourstory

Change Your Life Through Health and Well-being

This one-day event will feature guest speakers and workshops:

Ffin from **Oddballs** will be discussing **Testicular Cancer**; signs and symptoms, support and treatment.

Mark Richardson from **RecoverED Cymru** will be talking about developing engagement opportunities to challenge stigma where it exists

James Smith from **Andy's Man Club** will be talking about **men's mental health** and the help that they provide with their clubs all over the UK.

Careers Wales will deliver a workshop on **Employability Skills** which will include getting back into work as well as coping in work.

Kerry Herbert from Adult Learning Wales will be delivering a session around developing **Resilience Skills**, with tips and advice to build a better you.

Richard Marshall from **Conflict Resolutions** will deliver a non-violent **self-defence** class to show men how best to protect themselves in everyday life and to make sure of safety at all times.

The event will be held at Quaker Meeting House,
Charles Street, Cardiff, CF10 2GB

Friday 17th March 2023

10am to 3pm

All are welcome, tell a friend, bring a colleague!