In Our Library Arts Space

15:00 - 16:00/ How do we build lasting and lovely working and business relationships? One exchange at a time. It is the quality of the communication that creates the ground for enjoyable, successful work together. As Simon Sinek says, "Be the boss you wish you had!". Join Maggie Sawkins this session, focusing on how empathy with others (and ourselves) works to everyone's benefit. Who doesn't want serene days at work, making great things happen?

16:30 - 17:30/ Join John to find out about Stress Injury Prevention Training™ (SIPT™)), a holistic program for employers and employees. The main aim is to keep people mentally and physically well using a preventative approach to stress related ill-health. SIPT™ is about helping people to empower themselves and take action. SIPT™ is based on John's 24 years of military experience and dealing with a challenging transition from the military

In Our Spoken Word Space

15:00 - 16:00/ Come and join the Mindfulness Centre of Excellence Green Dragons Team to find out the best ways to survive and thrive in the City. Learn how to "Get into the Green" and activate the mode of your brain that allows you to feel calm, contented, connected and creative

16:00 - 18:00/ "Good Moves" - a 1 hour chess strategy session with Ian Grant our Chess Specialist. A look into master games from the past; learn from the grandmasters! There will also be 1 hour for game play - chess sets provided

18:00 - 19:00/ Paint a Turner Style Sky. Please join in, relax and lift up your energy by exploring colours of the sky. All materials will be provided. Everyone is welcome

Free, creative workshops to release the pressure open to anyone working, living or studying in the City of London

Fortnightly on Wednesdays at Shoe Lane Library, 12-7:30pm

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