



“Once you choose hope, everything’s possible.”

Christopher Reeve

Is **HOPE** Overrated?

56% Of adults reported symptoms of anxiety or depressive disorders during this pandemic. It has never been more important to invest in your own mental wellbeing, in order to cultivate and develop resilience and mental capacity for great performance.

Join us to learn ways to enable you to thrive in this ever-changing world.

Learning about tools to develop these skills is the start of a mindful revolution, the outcome of which is a healthier, happier and more engaged you; and ultimately a community thriving in the way that they live their lives.

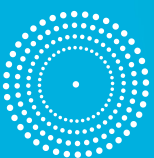
Does HOPE really have the ability to protect us?
Is HOPE overrated?

In this session, we will discuss the power of HOPE.

We will also be introduced to the MOST powerful sentence in the world. A sentence that saves lives.

Join us on 25th October from 1730 (30 minutes only)

<https://uct.mrcircles.com>



mindful.
revolution
neurocharge your mind