



scottish sports  *futures*



for Scotland's mental health

# Motivation workshops

By the end of this workshops learners will have a better understanding of,

- **how motivation can help your mental health and wellbeing**
- **the importance of finding what works for you**

Workshops designed by young people for young people aged 11-25 to give a better understanding of the benefits of physical activity for Mental Health

Wednesday.

June

23

11-12pm

Thursday.

June

24

3-4pm

For more information or to book your place on a workshop, please contact [Stephanie@ssf.org.uk](mailto:Stephanie@ssf.org.uk) for registration link.

Group bookings can be delivered upon request outwith scheduled workshops.

