

17/04/2023

Dear Parent(s)/Carer(s),

Re: Resilience Workshop

I am writing to inform you about the upcoming COSMOS resilience and confidence workshop that will take place on 9th May. This is a fantastic opportunity for students to develop their resilience and confidence skills and learn how to navigate challenges with ease.

The workshop is led by the Southern Universities network and will feature experienced trainers who will provide practical tips and strategies for building resilience and confidence. Attendees will also have the chance to connect with other like-minded individuals and network with professionals from a range of industries.

To register for this workshop, simply scan the QR code below and fill out the registration form or visit the following address <https://forms.office.com/e/EynZsLCXD5>. Please note that spaces are limited, so we encourage you to register early to avoid disappointment.

We look forward to seeing you at the COSMOS resilience and confidence workshop.

Thank you



Lauren Ferrett
Head of Year 9



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