

Valley House Courses



Understanding Me from the Inside Out

Emotional intelligence and an introduction on leaning how to listen to your feelings and your body..



What is stress?

Explores what stress is, the impact it has on our bodies and ways to manage this.

5 Ways to Wellbeing

Evidence based public mental health messages aimed at improving mental health.



Personality and Personal Development

A course aimed at how we can become more self-aware and confident about our strengths.

Contact your journey guides for dates and more information



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