

THRIVE@QE

"To be the best that I can with the gifts that I have"

THRIVE@QE promotes and supports positive emotional health and wellbeing and aims to help you to build resilience and the ability to overcome difficulties through a range of support sessions, workshops, activities and events.

Listening

Learning

Supporting

Succeeding

Caring

Helping

Motivating

Thriving

To thrive:

To prosper; be fortunate or successful.

To grow up or develop vigorously; flourish.



Study support

Friendship Guidance

Relaxation techniques

Self care tips

Building self-esteem