

# Rainbow in Someone's Cloud (RISC)

A Community Empowerment and Wellbeing Initiative

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### RISC – Part 1 - Resilience

Purpose: To help participants cultivate emotional and mental resilience — a mindset free from the constraints of issues, circumstances and conditions focused on what's at stake for them — enabling them to take bold action towards life and work goals that was not possible before.

**Date: Saturday 14/03/2026**

**From: 1:00pm – 5:00pm**

**Venue: Camden – will give details when you register**

This coaching workshop uses an immersive coaching conversation format with reflective exercises, demonstrations, discussions, and personal planning. Participants create their own 12-month “Merlin Plan” — a roadmap from their envisioned future back to the present with tangible results.

You will leave with a clear action plan, measurable growth in confidence and resilience, and an invitation to join the RISC Community for continued peer learning and support.

### RISC – Part 2 - Confidence

This workshop empowers participants to recognise that confidence is a choice, how to recover from failure and how to turn disadvantages into strengths and how to make what you want to happen, to actually happen. 💡 More details will be revealed during the Resilience course.

**Date: Saturday 28/03/2026**

**From: 1:00pm – 5:00pm**

**Venue: Camden – will give details when you register**

Note: It is important to complete both parts to get the full benefit of the course.

#### Registration

To register, email: [risc@freedomworks.org.uk](mailto:risc@freedomworks.org.uk), please include your name, email address, phone number, and postcode.

Spaces are limited to 15 participants — early registration is recommended!

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