

Emotional Resilience and Wellbeing



Half day workshop

This workshop has been designed to support the emotional resilience and wellbeing of every person in your organisation. It doesn't matter if they are employed to carry out cleaning and maintenance duties, complete admin tasks, supervise staff or are an executive with responsibility for the company's overall performance this workshop will help them cope with the challenges they face every day.

Being able to identify and understand what makes us feel worried, stressed and overwhelmed is important and having strategies in place to build emotional resilience and promote wellbeing is essential.

This workshop provides a structure that helps people to understand and respond to the complexity that makes up every person. It gives learners the knowledge, skills and awareness that can help them to care for themselves and stay well at work.

Creating cultures and environments where people are doing this for themselves means that they will be able to share their experiences openly, so that those cultures and environments become supportive and are able to function with greater emotional intelligence.

Each person will be given a personal workbook, complete with tips, ideas and positive coping strategies so they can make informed choices about their emotional resilience and wellbeing.

We limit the number of participants to 15 per course.

Cost per person: £95

Cost per organisation: Please contact us to discuss further. Discounts available.