

# WELLBEING AT WORK

## One day workshops

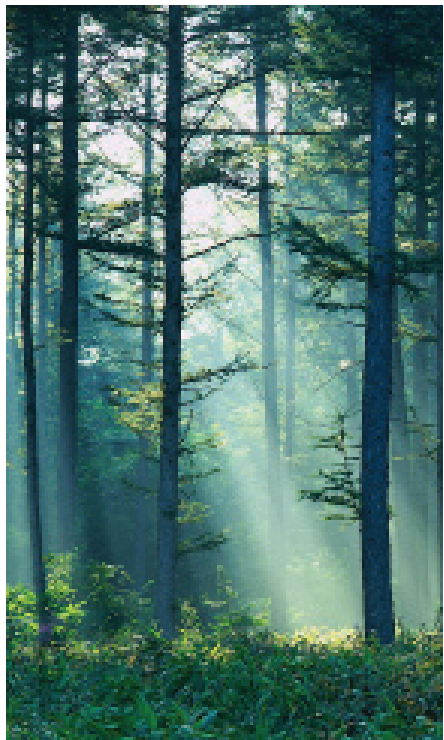
(or 2 half days if preferred)

Would you like to create a happier, more resilient and more productive workforce?

Would you like a fully accredited trainer to come to your workplace at a time that suits you?

**Wellbeing at Work** training covers:-

- Stress at work: what it is and how we can prevent it
- Understanding work ethos and culture
- Tools and strategies for improving our sense of safety and wellbeing
- Plan of action for managing stress in the workplace



## Courses are FREE OF CHARGE for local companies\*

For more information or to book a course please contact: Wendy Guest on 01273 696622 or email [wendy.guest@safety-net.org.uk](mailto:wendy.guest@safety-net.org.uk)

\* Small to medium sized businesses only. To qualify, your organisation must have 250 or less employees.

