



# Staff Wellbeing Workshop

**A 90 MINUTE WORKSHOP  
DELIVERED IN-HOUSE FOR ALL  
MEMBERS OF YOUR SCHOOL/CLUSTER,  
AT A DATE AND TIME CONVENIENT TO YOU.**

*"It was good to have time to reflect and acknowledge what we do, and identify some of our stresses, whilst identifying how we might reduce them" - Teacher*

## **COURSE AIMS:**

- ♦ **Identify components of wellbeing**
- ♦ **Develop and foster resilience**
- ♦ **Recognise signs and symptoms of stress**
- ♦ **Explore strategies to aid relaxation**
- ♦ **Identify sources of on-going support**

To book a workshop please email:  
[josiwells@nhs.net](mailto:josiwells@nhs.net)  
There is no charge for this course.



**Norfolk** County Council