



# Staff Wellbeing Workshop

## COURSE AIMS:

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

*"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*

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

To book a workshop please email:  
[josiewells@nhs.net](mailto:josiewells@nhs.net)

For more information and to make a booking  
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