



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

For more information and to make a booking
Email: josiewells@nhs.net