

## ***Stress Awareness Workshop***

*Trainer: Paul Gapper, external trainer*  
*Duration: 3 hour workshop*  
*Date/time: 14 March, 09.30-12.00*  
*14 March, 14.15-16.45*  
*Venue: Staff Development Barlow Room, The Library*

### **Who is it for?**

For all staff who wish to find ways of managing stress. Exploring research-based approaches from mindfulness and looking at how positive psychology and resilience can help us in dealing with stress.

### **What participants can expect to learn:**

Delegates will find out what is meant by mindfulness and how it can help in bringing a new perspective to thoughts and feelings. Listen to evidence from positive psychology about what works in lifting our mood and learn about study of resilience providing a support structure and planning tools for times of stress.

### **Programme**

- Arrival & Refreshments
- Introduction
- Mindfulness
- Positive Psychology
- Resilience

### **Close**