Stress Awareness Workshop

Trainer: Paul Gapper, Independent
Duration: 2.5 hours
Date/time: Wednesday 2 November 2016, 09.30-12.00
Wednesday 2 November 2016, 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 lean about study of resilience providing a support structure and planning tools for times of stress.

Programme

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

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