fusionHR
IT'S A PEOPLE THING



Managing Stress for Managers



Prepare for the new Academic Year by Building resilience within your team

This course is designed to enable managers to understand and deal with situations in the workplace relating to the health and wellbeing of staff.

The course guides the manager using a range of practical tools and techniques to support staff to build physical and psychological resilience.

By the end of this course you will be able to identify the difference between pressure and stress.

Understand how to engage with staff on a one-to-one basis regarding wellbeing.

Recognise how staff can build both physical and psycholigcal resilience.

Half Day Workshop

Andy Romero-Birkbeck is a health, fitness & wellbeing professional of over 15 years, specialising in employee wellbeing and manager training. Andy often speaks at CIPD events and blogs for HR Director Magazine in addition to running wellbeing programmes for a number of organisations.

Date: 10 July 2019

Registration: 8:30am - 9am

Course: 9.am - 12noon

Venue: FusionHR, First Floor, Unit A, Cedar Court Office Park, Denby Dale Road, Wakefield, WF4 3QZ

Costs: SLA Clients: £95 + VAT per person
Non-SLA Clients: £120 + VAT per person

How to book: Call 01924 827869, email training@fusionbusiness.org.uk or go online to www.fusionbusiness.org.uk to book.



What our clients say about our training courses...

Gave food for thought about being prepared and not always thinking you know the outcome before you've started.

Sarah Nichols, Deputy Headteacher, Farfield Primary School

A very informative and well presented day by highly skilled, friendly and approachable trainers.

Kate Brewis, Assistant Headteacher, Girlington Primary School

