

Taking Care Of Your Personal Wellbeing

Aim To provide employees with the insights required to help them safeguard their own wellbeing

Objectives By the end of this half-day workshop, participants will be able to:

1. Explain the essential difference between experiencing pressure and being stressed
2. Name the five forms of pressure identified by the Health and Safety Executive
3. Identify their own 'early warning signs' that can precede stress or burnout
4. Describe the things that they can do to enhance and strengthen their wellbeing
5. Produce a personal action plan based on the insights they have gained

Format

This half-day workshop carefully explores this complex and sensitive subject with a blend of principles, discussion and self-reflection

Overview

- An exploration of the difference between pressure and stress
- An exploration of the three sources of pressure that individuals experience
- Understanding the potential effects of prolonged or extreme pressure
- The range of symptoms that can precede stress or burnout
- How to diagnose and recognise our own warning indicators
- A consideration of the five potential sources of stress in the workplace as identified by the Health And Safety Executive
- An exploration of the wellbeing lifestyle choices available to us
- How to adopt a three pronged approach to maintaining our wellbeing
- Staff will finalise their personal Wellbeing Action Plan

