



Peter Christison & Associates
Health Consultancy and Training
Established since 1995
In Workplace Health & Mental Health

Wellbeing at Work—Promoting a Healthy workplace and workforce
An essential one day training course to enhance
wellbeing at work and increase productivity



Aims:

- To promote an understanding of well being and adverse stress within the workplace
- To enable delegates to learn and practice a range of techniques to promote well being and reduce adverse stress both personally and amongst colleagues

Benefits to employees:

Improve your productivity and stress management both at work and at home

Benefits to employers:

Manage sick absenteeism, improve staff productivity and resilience

Promoting emotional resilience improves the health of businesses as well as employees.

One day course on 21st November 2011, Better Bankside, London

Promoting a healthy workplace and workforce has long been known to be profitable for all organisations within the public and private sector. 1 in 5 organisations in the UK now promote well being in the workplace.

The relationship between wellbeing and performance in the workplace is well documented. Promotion of well being and reduction of stress helps to combat presenteeism – reduced productivity due to ill health - and reduce sickness absence. Any reduction in productivity is keenly felt in a recession.

The cost to organisations of presenteeism is significantly higher than sickness absence, yet it is largely unrecognised.

Topics covered include (but are not limited to):

Stress management, how nutrition can help with stress-busting nutrients, your journey to work – why stress often starts before we reach the workplace, adrenal burnout and how to recognize it, the importance of support networks, anticipating and managing stressful situations, controlling time rather than it controlling you, taking an effective lunch break, how alcohol contributes to stress, relaxation techniques and exercises.

Mental health and nutrition, the chemistry of emotion, mood boosting foods, the impact of positive and negative emotions, personal reward systems.

Improving concentration and brain power, intelligent nutrients & healthy fats, the importance of hydration, managing your sugar levels.

The importance of exercise, what works for you, easy strategies to incorporate exercise into your daily routine, the negative aspects of over-exercising.

The importance of sleep in workplace productivity, strategies for improving restful sleep, power napping, the role of caffeine and alcohol, irregular working hours and shiftwork

Musculoskeletal health, back and joint problems and their impact on mood and motivation, simple tension relieving exercises to avoid back, shoulder and neck pain, posture and breathing exercises, nutrients for joints and muscles.

Maximizing your immune system to increase your resistance to illness

Maximizing your energy in the workplace; the importance of a constant blood sugar, avoiding that post-lunch slump, the role of tea,

Objectives:

By the end of the training day, delegates will be able to:

Recognise the signs and symptoms of adverse stress, anxiety or common mental health problems.

Become familiar with their own symptoms and what triggers them, in order to take evasive action.

Take practical steps to combat and or reduce their adverse stress and promote well being.

Learn a menu of practical techniques to use 24/7, to promote physical and mental well being and to prevent the triggers for adverse stress and

Why is this training the one to attend?

This is a fun, interactive and empowering training course and participants will come away with practical tools and simple strategies they can use to enhance well being.

Who should attend?

It is suitable for individuals at all levels of an organisation, both individual employees, managers, directors and HR professionals.

About the Trainer

Cathy Robinson BScDipNutMed Assoc CIPD

Cathy Robinson is an experienced trainer who has worked with a wide variety of corporate clients. She has 10 years' experience as a qualified nutritionist coaching clients towards their wellness goals. She is expert in using food and nutrition, in combination with lifestyle techniques, to manage stress, improve mood and motivation, enhance energy levels and increase overall productivity in the workplace and beyond.

Cathy is an entertaining and competent trainer, with several years' experience in developing and delivering training interventions on interpersonal and job-specific skills, along with extensive experience in working within pressurized business environments for the United Kingdom Border Agency.

BOOKING FORM



How to Book

online www.centrevents.co.uk/book-online.aspx

email info@centrevents.co.uk

fax 01273 441676

post Centrevents, PO Box 2100, Shoreham by Sea, West Sussex BN43 5UG

Enquiries

telephone 01273 441676 email info@centrevents.co.uk

One Day Training Fee

STANDARD £125 +20% VAT (TOTAL £150)

Fee includes conference materials, refreshments and lunch.

Please ensure all details on the form are completed to allow us to process your booking. If your invoices are paid by Shared services please ensure the correct invoice address and reference number are provided.

Cancellations must be made in writing **2 weeks before** the course date and will incur an admin fee of £20. No refunds can be made after that date but we accept substitute delegates.

If a shared service is to pay your invoice please ensure that you include the correct address and purchase order number

DELEGATE DETAILS

NAME

JOB TITLE

ORGANISATION

ADDRESS FOR CORRESPONDENCE

POSTCODE

TELEPHONE

EMAIL

I WISH TO ATTEND

London 21st November 2011
Better Bankside



PAYMENT

SHARED SERVICES: IF YOUR
INVOICES ARE PAID THROUGH
SHARED SERVICES
PLEASE ENSURE THE CORRECT AD-
DRESS AND ORDER NUMBER IS SUP-
PLIED

Do you have any dietary or access
requirements?

I enclose a **cheque** for £
made payable to Centrevents

I would like to pay by **BACS**
and will send remittance advice as
payment confirmation

I require an **invoice** (please
supply the address if different from
above)

Purchase order No. _____

Signed _____