

3 hrs
verifiable
education

Stress management and adaptation to change

Overview:

Stress can affect personal and professional life and impact on one's performance.

This interactive session for the whole team aims to introduce the nature of stress, stress management techniques and adaptation to a changing environment.

Learn how to recognise signs and symptoms of stress on yourself and others, explore management techniques designed to minimise stressors and discover how to adapt well to change.

For full aims, objectives, learning outcomes and to reserve your place visit the Maxcourse website: www.maxcourse.co.uk/henw

Refunds will only be given up to 4 weeks prior to the course date. However, places can be transferred between colleagues if necessary at any time.

VENUE:

Health Education England
3 Piccadilly Place
Manchester
M1 3BN

DATES:

10th October 2017

TIME:

1.00pm – 4.30pm
(Registration from 12.45pm)

Refreshments will be provided

COST:

NHS £15.00
NON NHS £30.00

SPEAKER:

Ros Edlin

