



For better
mental health

Training in Mind Workshop

Coping With Stress in the Workplace

20% of all workers are affected by stress in the workplace. Stress has a negative impact on both our mental health and our general quality of life. Each new case of stress leads to an average of 31 days off work. Work-related stress costs employers £26 billion every year.

However, stress can be managed. This course will help you to identify the causes and triggers of stress, preventative measures and techniques for managing its impact.

Cost: £60 per person / £80 statutory & private sector

Dates: Wednesday 14th March 2012

Times: 10am-4.30pm

The workshop will provide:

- **An overview of stress in the workplace.**
- **Techniques to improve skills for workplace communication.**
- **Information on rights and responsibilities when dealing with stress in the workplace.**
- **Strategies for reducing stress in the workplace and improving wellbeing.**

All courses are held at Mind in Brighton and Hove, 51 New England St, Brighton BN1 4GQ

**To book a place, please
email info@mindcharity.co.uk or call 01273 66 69 50**