



INSET: · WORKPLACE WELLBEING AND RESILIENCE

Available Formats and Pricing

Twilight Introduction
Half Day Development
Full Day Comprehensive

Available Online or Face to Face
*Priced per head with Group
discounts available

Course Introduction

- According to Office of National Statistics (2017), 20% of the population rank their anxiety as high.
- According to the Mental health Foundation (2017), 1 in 6.8 people experience mental health issues in the workplace and women are twice as likely to suffer from stress.
- According to the Labour Force Survey (2016), 536,000 workers suffered from workplace stress.

Bearing these statistics in mind, this course aims to explain and identify stress factors in business and life, uncover stress triggers, and offer a number of strategies that will enable staff to cope and ultimately thrive in the work environment.

Course Outcomes

By the end of the INSET, delegates will have:

- Identified and defined what stress is
- Identified different types of stress ie panic attacks, depression, anxiety
- Measured stress through a stress audit
- Identified stress triggers
- Reviewed current coping and preventative mechanisms
- Identified additional coping and preventative mechanisms for resilience
- Created a comprehensive 'Mind Fitness' Plan' for professional and personal development
- Be mindful of over-resilience

Trainer Profile

Ross McWilliam has been involved with formal education for over 30 years and has probably changed the lives of over one million children, young adults and senior professionals within the field of mindsets.

He has worked with over 1,000 schools and businesses and has a real passion for helping to develop and sustain professionals.

Ross is accredited by Mental Health First Aid England (MHFA) and delivers training and keynote speaking at various national conferences, school clusters and business managers forums.

"The whole business managers group really enjoyed your wellbeing session. It gave many of the staff a much-needed boost to know how to become more mind fit."

Sandra Tomlinson, Docklands Conference, London



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