

FREE WORKPLACE TRAINING



Ariennir gan
Lywodraeth Cymru
Funded by
Welsh Government

FREE TO STAFF OF ANY ORGANISATION THAT IS BASED IN POWYS, HAS
LESS THAN 250 EMPLOYEES AND A TUNROVER OF LESS THAN £50M

ALL DELIVERED ONLINE VIA ZOOM

5 Ways to Wellbeing	10am - 1pm Wednesday 29th January	Discover five simple ways to improve and promote good mental health and wellbeing, for a happier, healthier workplace.
Stress Management	10am - 1pm Tuesday 4th February	We will never completely remove stress from our lives, but identifying and managing stressors can help maintain a positive and healthy lifestyle. We look at causes, symptoms and practical ways to manage stress effectively
Resilience in the Workplace	10am - 1pm Tuesday 25th February	Focusing on enhancing emotional resilience in a workplace setting. Learn practical techniques to manage stress, navigate challenges and foster a healthier working environment.
Professional Boundaries	10am - 1pm Tuesday 4th March	Learn how to create and maintain good boundaries within work environments to ensure appropriate, healthy relationships.
Assertiveness	10am - 1pm Friday 7th March	Develop confidence to use assertiveness techniques to be heard, through helpful communication, rather than using passive or aggressive characteristics.
Mental Health Awareness	10am - 1pm Thursday 13th March	This is the perfect course if you are looking to increase mental health awareness and support within your organisation. Learn to recognise the causes, symptoms and support options for a range of mental health problems

TO BOOK PLEASE CONTACT JO@MNPMIND.ORG.UK

If you would like a course that is not on this list, please get in touch. We can offer other free courses, specifically to meet your needs.