



# NORTH EAST REGIONAL EMPLOYERS' ORGANISATION

## HALF-DAY WORKSHOP

# WELLBEING

WEDNESDAY 14 FEBRUARY 2018, 9.30 am to 12.30 pm (approx.)

COUNCIL CHAMBER, SHOTTON HALL, PETERLEE, SR2 2PH

## INTRODUCTION

Wellbeing – looking at the key components that make up wellbeing:

- **Gratitude**
  - It encourages the savouring of positive life experiences
  - Boosts self-esteem
  - Helps you to cope with stress and adjust to difficult circumstances
  - Deters negative emotions
  - Promotes positive behaviour
  
- **Being in flow**
  - Getting lost in an activity that nothing else seems to matter; being fully engaged with what you are doing
  
- **Savouring**
  - Savouring is a powerful tool to counter the negativity bias and it acts as a defence against negative emotions, helping you bounce back from low moods. It's aim is to maximise the enjoyment of a positive experience
  
- **Self-compassion**
  - This explores how we treat ourselves and focuses on treating ourselves with the same kindness that we would use with a friend or a loved one
  
- **Strengths spotting**
  - People who actively use their strengths are more confident, happy, energetic, productive, resilient and enjoy greater success

All of these tools are powerful ways to build wellbeing and go hand in hand with Building Personal Resilience workshop previously offered by NEREO.

## WORKSHOP DELIVERY

This interactive workshop is delivered in a three-hour session and has been used successfully in a range of organisations. Participants have given excellent feedback, reporting that they have more confidence to use the tools and techniques to help improve their wellbeing.

## WORKSHOP FACILITATOR

The workshop will be led by Lorna Jeromson, LBJ Solutions, NEREO Associate.

## WORKSHOP FEE

The cost of the course will be £60.00 + VAT per delegate. This will include payment for refreshments and seminar notes. Lunch **will not** be provided. **Please do not send payment with your booking form as invoices will be issued after the event.**

## BOOKING ARRANGEMENTS

ONLINE at [www.nereo.gov.uk](http://www.nereo.gov.uk)  
EMAIL [mokeefe@nereo.gov.uk](mailto:mokeefe@nereo.gov.uk)  
FAX completed booking form on 0191 2613971

**ALL TELEPHONE BOOKINGS MUST BE CONFIRMED IN WRITING (E-MAIL, FAX OR WEB-SITE BOOKING). PLEASE NOTE THAT ALL BOOKINGS WILL BE CONFIRMED IN WRITING BY NEREO AND JOINING INSTRUCTIONS FOR DELEGATES WILL BE ISSUED APPROXIMATELY 10 WORKING DAYS PRIOR TO THE EVENT. PLEASE NOTE AMENDMENT TO CONDITIONS OF CANCELLATION AS DETAILED ON BOOKING FORM.**

**Closing Date : Friday 12 January 2018.**

## FURTHER DETAILS

For further details, please contact Maureen O'Keefe on 0191 2613975.