



NORTH EAST REGIONAL EMPLOYERS' ORGANISATION

HALF-DAY WORKSHOPS

**WELLBEING, THRIVING AND FLOURISHING –
MONDAY 2 MARCH 2020 (9.30 am to 12.30 pm)**

**RESILIENCE AND COPING SKILLS –
MONDAY 23 MARCH 2020 (9.30 am to 12.30 pm)**

SHOTTON HALL, PETERLEE, DURHAM, SR8 2PH

Programme Overview

Changes at work, or at home, can have a huge impact on how you feel. We all experience wellbeing highs and lows and it changes constantly depending on what is happening in your life.

Your wellbeing is essential for happiness and health; having a real sense of wellbeing will help you to feel that you are flourishing and that life is going well for you. It is relevant to everyone and helps us to live and work productively.

Resilience is a key element in your overall wellbeing; being resilient helps you to cope with hectic and busy lifestyles and work commitments. When you are resilient you are more able to cope with what life throws at you and you generally can bounce back stronger than before.

This programme uses a range of Positive Psychology tools and techniques, which focus on wellbeing and thriving, we will explore how change can impact on ourselves and others in our teams. Positive Psychology techniques also help us to shine a light onto experiences that can be challenging for us and helps to provide solutions to support us during difficult times.

The workshops will focus on the impact of change, particularly in relation to individual wellbeing. Using a range of positive psychology tools and techniques, the first workshop will focus on **wellbeing**, thriving and flourishing. The second workshop will focus on **resilience** and coping skills.

Delegates are encouraged to add both workshops as this will give them a more holistic view of personal wellbeing.

Programme Aims

Learn how to improve wellbeing and how to increase resilience to deal with challenges and changes, both at work and at home. Both workshops will introduce simple tools to equip you with techniques that will strengthen your personal resilience and enhance wellbeing, particularly during changes or challenges at work and at home. The workshops will provide you with:

- Increased awareness relating to the emotions of change
- An understanding of the impact of wellbeing and resilience to the individual and the organisation
- A range of support mechanisms to use to increase wellbeing and resilience, for yourself and others
- An action plan for short and long-term strategies to improve wellbeing and resilience

Who Should Attend?

The workshops are ideal for:

- Anyone who wants to learn techniques to increase their wellbeing and resilience
- Individuals who are facing pressure due to changes or challenges at work or home
- Leaders and managers at all levels

Workshop Facilitator

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

Workshop Fee

The cost of each 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
Email mokeefe@nereo.gov.uk

ALL TELEPHONE BOOKINGS MUST BE CONFIRMED IN WRITING (E-MAIL 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 : Monday 27 January 2020

Further Details

For further details, please contact Maureen O'Keefe on 0191 2495874.