



Understanding Wellbeing and Stress

Aim:

This one-day course will improve participants' knowledge and understanding of wellbeing and stress. Participants will understand how to promote wellbeing, reduce stress and deal effectively and appropriately with stress-related health conditions in the workplace.

Participants will be equipped with the tools, knowledge and confidence to advise, support and signpost colleagues effectively, and to promote a culture within the Organisation, which promotes wellbeing.

Objectives:

By the end of this course, participants will be able to:

- Understand stress, and the impact on individuals and the organisation;
- Describe the wellbeing spectrum and the range of conditions across it;
- Explain why it is essential to promote wellbeing at work;
- Identify the signs and symptoms of stress and associated health conditions;
- Understand the factors which impact on wellbeing and ill-health in the workplace;
- The key role of the manager in maintaining a healthy workforce;
- Identify appropriate interventions for reducing stress at work;
- Provide advice and support to others in the Organisation to help them to promote wellbeing and manage stress appropriately;
- List the various sources of help, support and advice for stress and stress-related ill health and how to access these.

Delivery style:

Our training is lively and participative so that people engage more and learn better. We provide an excellent knowledge and understanding of the subject, lots of practical tools and skills to use in the workplace, and most importantly, the confidence to put these into practice. Our training involves:



- Participation exercises to highlight the point or help people see the issue differently;
- Facilitated discussions to introduce and explain theoretical models;
- Practical tasks to learn new skills in a safe environment with constructive feedback;
- Opportunities to reflect on the learning and how to apply it in the workplace.

Trainer: Aleigh Sydenham MA, MCIPD, NLP Practitioner



Aleigh is passionate about helping and inspiring others to get the best from life by using Life Coaching and Neuro-Linguistic Programming (NLP) techniques.

With a Masters in Personnel and Development Aleigh has enjoyed an extensive career in Human Resources, working for South Devon NHS, Devon and Somerset Fire and Rescue Service, Plymouth University Business School as well for private and corporate clients based across Devon.

An accredited NLP Practitioner, Life Coach and Chartered Member of the CIPD, Aleigh utilises the philosophy, attitude and techniques of Coaching, NLP and Human Resources techniques to empower and support her clients in recognising and achieving their personal and professional goals whilst maintaining their wellbeing.

Aleigh has lived, worked and volunteered abroad as well as in the UK. She brings a broad perspective and vibrancy into her Coaching and Training through utilising her multi-cultural work experiences and knowledge. Creatively organised, Alison exudes dependability and trust, inspiring confidence in those around her. As a Coach, she can offer dedication and support to help clients to become the best that they can be.

Aleigh believes that we all perform best when we are able to flourish and achieve our full potential for the benefit of ourselves, and our Organisation. She uses creative, enjoyable methods to make her training inclusive, relevant and inspiring, so that people participate more, learn better and are motivated to put their learning into practice.

Investment:

£750

Including:

- Full course design and delivery for up to 12 participants
- Hand-outs and learning material

For more details, contact:

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