



Rainy Days and Mondays



Rainy Days and Mondays: Managing Stress and Well-Being in the Workplace

What is it about?

It is widely acknowledged that stress reduces employee well-being and effectiveness. Stress can lead to poor performance, reduced productivity, absenteeism and low morale. Participants will be encouraged, through creative explorations; to learn how to manage their stress levels and work towards developing their personal welfare.

What will I get out of it?

- Develop an understanding of how to identify the common signs of stress
- Develop appropriate strategies for reducing and managing workplace stress.
- Learn how to manage stress and develop a positive attitude to coping with the modern workplace.