



*fusionHR*  
IT'S A PEOPLE THING

## Managing Stress for Managers

### Building resilience within your teams

#### Target Audience

This session is designed for senior leaders and managers

#### Course Details

This course is designed to enable managers to understand and deal with situations in the workplace relating to the health and wellbeing of staff. The course guides the manager using a range of practical tools and techniques to support staff to build physical and psychological resilience.

By the end of this course you will be able to identify the difference between pressure and stress, understand how to engage with staff on a one to one basis regarding wellbeing and recognise how staff can build both physical and psychological resilience.

#### Cost

SLA Clients: £95 + VAT per person  
Non-SLA Clients: £120 + VAT per person

#### How to Book

Call 01924 827869 or go online to [www.fusionbusiness.org.uk](http://www.fusionbusiness.org.uk) to book.

[enquiries@fusionbusiness.org.uk](mailto:enquiries@fusionbusiness.org.uk)  
[www.fusionbusiness.org.uk](http://www.fusionbusiness.org.uk)  
01924 827869

## Half-Day Workshop

**Date:** 20<sup>th</sup> March 2018

**Time:** 9.00am-12noon

**Venue:** Fusion Offices, East Ardsley

#### Speaker Profile

Andy Romero-Birkbeck is a health, fitness & wellbeing professional of over 15 years, specialising in employee wellbeing and manager training. Andy often speaks at CIPD events and blogs for HR Director Magazine in addition to running wellbeing programmes for a number of organisations.