

# WELLBEING AT WORK

## Managing Stress and Building Resilience

[www.workwithimpact.co.uk](http://www.workwithimpact.co.uk)



Workplace wellbeing broadly encompasses the state of being happy, comfortable, and healthy at work. Prioritising the wellbeing of employees is essential to create a healthy work environment that facilitates personal growth and enables individuals to realise their potential. Investing in employee wellbeing can result in increased motivation, engagement and higher performance and productivity.

An essential element of workplace wellbeing is the effective management of stress. Even though any job can be stressful at times, chronic work stress can be overwhelming and adversely affect an individual's mental and physical wellbeing, even resulting in high levels of depression, anxiety, and burnout.

### HOW CAN YOU MANAGE WORKPLACE STRESS?

Building resilience can help individuals cope with work pressure and manage stress more effectively, leading to an improvement in their overall wellbeing. Resilience is the ability to 'bounce back' from adversity or setbacks and although some individuals are naturally more resilient than others, resilience is also a skill and like any other skill, resilience can be learned through practice.

**Impact.**  
Psychology  
for Business

### AT A GLANCE

#### THE PACKAGE

Impact offers a half-day workshop that aims to build awareness about the importance of prioritising workplace wellbeing and developing a resilient mindset to manage stress and overcome workplace challenges.

The objectives of the workshop are to:

- Explore the importance of workplace wellbeing
- Discover common workplace stressors and the impact they have on wellbeing
- Identify individual responses to stress
- Explore resilience and why it is important
- Learn techniques to build a positive and resilient mindset

The workshop is highly interactive and provides delegates with a safe and supportive space to engage in discussions and personal reflection

*This workshop can be delivered online or in person.*

#### COSTS

- £2500 + VAT\*

\*Pricing is based on groups of up to 24 delegates, and one half-day workshop delivered by two facilitators. Please contact us for further details.