



# Wellness Works

Promoting well-being  
in the workplace

## Wellness Works Effective Management Series

What difference would you see in the effectiveness of your

organisation if all the managers implemented the right decisions in the right way?

Picture the energy and enthusiasm that it would create... the impact it would have on relationships and performance... **...now make it happen!**

This series of 8, ½ day workshops is presented by **Veena Allison**, a highly experienced employment law expert who specialises in management training and coaching. To be held monthly at **Worcester University, 9.30am-2.00pm**, with each participant will also have the opportunity to take up a 10minute individual coaching session from 1pm, following lunch.

Those attending the series will leave with:

- An increased ability to manage restructures and change appropriately
- A framework to protect yourself and others when dealing with bullying and harassment
- Knowledge of legal principles that must be observed
- The skills to spot and manage under performance early on
- Raised levels of management assertiveness

The workshops can be booked individually, however, you/your managers will gain most benefit from attending the whole series.

To secure your place, send the enclosed booking form (indicating which workshops you wish to attend) along with payment for **£40 for 8 workshops or £7.50 for each one** booked, to **Andrea Cooper, Wellness Works, Community First, Malvern View, Willow End Park, Blackmore Park Road, Malvern, Worcs. WR13 6NN**. If you have any queries you are not sure whether your organisation is signed up to Wellness Works please email: [andreac@comfirst.org.uk](mailto:andreac@comfirst.org.uk) or call: **01684 312740**.

*"I found it realistic, practical and appropriate."*

*"Excellent presentation, very clear and concise, first class!"*

N.B. Places are limited to those organisations which have signed the Wellness Works Employer Agreement and will be allocated on a first come first served basis.