

Skills for Health

Age Concern, Simon De Montfort Room, Malvern Gate, Worcester, Bromwich Road, Worcester, WR2 4BN

Wednesdays 14th, 21st & 28th October (Full days - times to be confirmed)

This course is aimed at those who are engaged in a helping or supporting role in the workplace. It is appropriate for anyone with staff responsibilities.



This 3 day, OCN accredited level 2, course offers a framework for conducting interviews and gives an increased awareness of the skills needed to support colleagues who are at risk or suffering from the effects of stress or low level emotional or mental health issues.

Attending this course will also highlight the importance of effective relationships in the workplace and provide valuable transferable skills which can assist:

- Decision making
- Delegation
- Problem solving
- Team work

Wellness Works is funded to work across Worcestershire by The Big Lottery fund. Courses can generally be delivered in your workplace at times to suit you and your staff.

This course is **free** to anyone working for an employer who has signed up to Wellness Works – all we ask is a deposit of £50 to secure your place which we will return to you once you have attended the 3 days.

**For further information about Wellness Works or the Relate courses contact:
Andrea Cooper 01684 312740, andrea@comfirst.org.uk
www.comfirst.org.uk/wellness_works**