

# Thriving during times of change

## Employee Support



*It is not the strongest of the species which survive, nor the most intelligent, but the most responsive to change – Charles Darwin*

Wellness Works operates across Herefordshire and Worcestershire to provide and deliver **professional, tested and localised training** and support programmes specifically focused on enabling staff to perform well even during times of challenge.

This highly interactive ½ day workshop will cover:

- The impact that change can have on us as individuals
- The importance of self awareness and focusing on our strengths
- Resilience and coping during times of change
- Building emotional intelligence and a positive mental attitude
- Managing our thoughts, behaviours and emotions effectively
- How to gain more control over things that concern us
- Practical tools for dealing with change

The workshop takes an upbeat, positive and practical approach to helping people to help themselves and others during times of change.

Each element of the workshop will be based around practical exercises which are based on sound theories, such as emotional intelligence, positive psychology and nlp,(neuro-linguistic programming).

Participants will leave with an understanding of how they can deal with change effectively and practical tools to help them to do so.

*“Work can be very stressful and through the course I have learnt to cope with my emotional stress and am able to remain calm, cheerful and capable. I find I am using the MM strategies almost everyday and they have been brilliant!”*

Public sector employee

For further details please contact:

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