**Title:**

**Resilience Training for staff**



**Feeling overloaded? Feeling burnt out?**

**Our Staff Support Service is offering a programme of three half-day sessions of Psychological Skills Training – a training programme which provides skills to help support you in managing the stresses of a demanding job.**

You will be provided with new techniques to help improve your well-being and reduce the impact of stress and worry on your life.

The programme also aims to help you improve your life satisfaction and in so doing, help improve performance at work.

**Programme 53 at Sandford Education Centre, 1 – 3:30pm**

* Tuesday 10th September 2019
* Tuesday 17th September 2019
* Tuesday 15th October 2019

**Programme 54 at Redwood Education Centre, 9:30am - 12pm**

* Wednesday 4th December 2019
* Wednesday 11th December 2019
* Wednesday 8th January 2019

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**Spaces are limited so please contact the Staff Support Service as soon as possible to express an interest and indicate which programme you would like to attend. Email: ghn-tr.staffsupport@nhs.net or telephone: 0300 422 8523.**

\*Please contact us to discuss if you feel this requirement will affect your ability to attend.