



24TH SEPTEMBER 5.45PM-6.45PM BUILDING RESILIENCE & WELLBEING TALK

What is a Building Resilience and Wellbeing talk?

In today's society we appear to be experiencing an increase in the demands on our time & a decrease in the time available to recover from these demands.

This can result in feelings of stress & pressure as well as finding ourselves playing endless games of catch-up. This problem can be seen in many areas of our lives & as a response to this, many people are experiencing a reduced level of resilience to normal life events, leaving them at risk of both psychological & physical ill-health, including **weight gain & reduced fitness, demotivation, & lethargy.**

By the end of the talk you should be able to:

- Identify Hidden Factors that increase stress/anxiety
- Identify Physical & Psychological Signs of Stress in Yourself & Others
- Identify Mechanisms to Reduce Physical & Psychological Signs of Stress
- Identify benefits of Building Resilience
- Identify Mechanisms to Build Resilience

Building Resilience &
Wellbeing

It's **FREE**

You have nothing to
lose & a lot to gain

For further details

Telephone: 020 8297 8887
Email: info@chc-lee.co.uk

Your Course Facilitator -

Mary Galbraith-

Director of:

Worek Limited



Mary Galbraith brings more than 30 years of professional & personal experience in physical & psychological health & well-being training including; building resilience, stress reduction, leadership & management, public speaking, coaching & corporate training.

In addition, Mary also runs organisational & public courses on resilience & stress management, mindfulness therapy & a wide variety of health & well-being topics.

Mary is also a qualified Registered General Nurse, Specialist Practitioner in Public Health & a listed Mindfulness trainer.

Mary qualified from the Oxford University & has also undergone extensive training with the Mindfulness Association.