



Job Retention Workshops

We offer a range of evening & daytime workshops & courses to any one in employment with a mental health condition. All workshops take place at DeLacey House in Kirkstall

Workshop	Date	Time
Stress Management	Weds 20 July'16	6pm – 9pm
	Weds 5 Oct'16	6pm – 9pm
	Tues 21 Feb'17	6pm – 9pm
Confidence & Assertiveness	Thurs 19 May'16	6pm – 9pm
	Thurs 25 Aug'16	6pm – 9pm
	Weds 23 Nov'16	1pm - 4 pm
	Thurs 9 March'17	6pm – 9pm
Conflict Resolution	Tues 5 July'16	1pm - 4pm
	Thurs 9 Feb'17	6pm - 9pm
Managing Wellbeing	Tues 9 Aug'16	6pm - 9pm
	Tues 17 Jan'17	6pm - 9pm
Effective working Relationships	Tues 7 June'16	6pm – 9pm
	Weds 14 Sep'16	6pm - 9pm
	Tues 6 Dec'16	6pm - 9pm
Building Resilience	Weds 27 April'16	6pm - 9pm
	Thurs 3 Nov'16	6pm - 9pm
	Tues 21 March'17	10am - 1pm
Being Well at Work 8 week course with a cost of £50	Commencing 5 April 2016 (enrolment 22/3/16)	7pm - 9pm
	Commencing 25 May 2016 (enrolment 11/05/16)	7pm - 9pm
	Commencing 11 October 2016 (enrolment 27/09/16)	7pm - 9pm
	Commencing 1 Feb 2017 (enrolment 18/01/17)	7pm - 9pm

Our workshops are free but donations are welcomed. You have the option to donate when you book online.

To book your place on any of our courses please visit our website at www.leedsmind.org.uk/employment - our workshops are listed in the Group Support section

What is covered in our workshops?

Maintaining Wellbeing Workshop

- Exploration and Models of wellbeing
- Signs and symptoms of poor wellbeing
- Effect of poor wellbeing on work and effect of work on wellbeing
- Stress management strategies and steps towards more positive wellbeing

Confidence and Assertiveness Workshop

- Defining confidence and assertiveness and the difference between the two
- Tips for improving confidence
- Understanding assertiveness and identifying your behavior type
- Strategies for improving assertiveness

Conflict Workshop

- Conflict Resolution
- Conflict mapping
- Effective communication
- Communication techniques

Effective Working Relationships Workshop

- Understanding why relationships are important and differences in working styles
- Identifying challenges in making positive relationships
- Tips for managing good relationships

Stress Management Workshop

- An exploration and the signs and symptoms of stress
- Signs and symptoms of stress
- Causes of stress at work and impact of stress at work
- Stress model
- Stress management strategies

Building Resilience

- What is Resilience ?
- How to become more Resilient
- The Resilience Reservoir