

Who is the course for?

This course is for anyone in employment, whether or not they have experienced specific mental health problems, struggle to maintain their wellbeing at work and who would like to explore ideas about how to alleviate work related difficulties.

Course Details

8 Week Course, one evening each week running throughout the year.

Cost

£60 (Payment at enrolment interview)

Venue

De Lacey House, Abbey Road, Kirkstall

Enrolment Details

If you are interested in this course and would like to find out how to enroll, please call WorkPlace Leeds on (0113) 230 2631

Previous Participants Comments...

“My coping strategies have definitely improved”

“It changed my outlook, certainly at work, but also in other areas of my life”

Contact Details

WorkPlace Leeds

De Lacey House,
Abbey Road, Kirkstall,
Leeds, LS5 3HS

If you are interested or would like more information call and ask for Employment Peer Support Team or email

Tel: (0113) 230 2631

Fax: (0113) 278 4710

E-mail: admin@workplaceleeds.org.uk

www.leedsmind.org.uk




Airedale, Bradford and Leeds

Leeds Mind is a company registered in England - number 2193270.
Leeds Mind is a registered charity - number 1007625.



 **community links**
linking community support
to health and housing

Being Well at Work

**Dealing positively
with work and staying well**



WorkPlace Leeds
Employment • Job Retention • Training

Who we are

Employment and Training has been at the heart of Leeds Mind since 1991, and specialises in providing individual and group support and training to people recovering from mental health problems, to empower them to achieve their employment related goals.

We believe that maintaining work is not just a means of earning a living, but also plays an important part in our wellbeing. Work can bring meaning and structure into our lives as well as the opportunity to achieve personal goals and strengths and passions, which can bolster our self-esteem and happiness.

We recognise that although work is an important part of our wellness, it can also bring difficult situations and numerous stressors that can compromise our health and wellbeing.

Course Aims

The eight week evening course will give ideas and support for being healthy and well at work.

The course explores techniques and ideas for dealing with work related issues in positive and effective ways.

Topics include:

- Reasonable Adjustments
- Conflict Resolution
- Managing Crisis
- Confidence and Assertiveness
- Time Management
- Nutrition
- Exercise and Relaxation
- Job Fulfilment

Your role

We would like participants to be willing to have a go with activities and to be prepared to interact with the group and share some fun and laughter along the way.

Over the eight weeks, you will create your own “Wellness Pack” of resources and coping strategies for you to use at work, and in other areas of your life.

Facilitators

The course is facilitated by a Group/Employment/Job Retention worker. Some parts of the course may be delivered by guest facilitators, including:

- Nutrition & Exercise Specialist
- Previous Participants
- Conflict Resolution Specialist
- Mindfulness Specialist

