

**Thurs 24<sup>th</sup>  
Jan 2019**

# Managing Stress in the Workplace

## EVENT

Managing Stress in the  
Workplace

## TIME

4.30pm - Registration and  
Refreshments  
5pm-7pm - Workshop  
7.pm-7.30pm - Networking

## LOCATION

The Park Hotel  
Dunnings Bridge Road  
Netherton L30 6YN

## WHO SHOULD ATTEND?

Any business, any size,  
any sector, **located in  
Sefton**

## BOOKING

Tel. 0151 934 3452  
or email  
investsefton@sefton.gov.uk

## Many people experience stress in the workplace.

Join us on 24<sup>th</sup> January to learn valuable ways to help you manage stress and the tools to teach you how to rest your brain.

Techniques will include:

- Ways of helping to rest your brain and relaxation techniques
- How to clear your mind of chaos
- Top tips for how diet and nutrition can help to reduce stress



This Workshop will be delivered by Geraldine Roberts and Karen Hughes, who have extensive experience in the field.

**To book your place(s)** contact Sharon or Dominique at the Sefton Growth Hub on 0151 934 3452 or email [investsefton@sefton.gov.uk](mailto:investsefton@sefton.gov.uk)

Sefton Local Growth Hub is part of InvestSefton, Sefton Council's enterprise service. Attendance at the workshop is free, as part of the Sefton Business Growth Programme.



**BUSINESS  
GROWTH  
PROGRAMME**

**THE  
PARK**

**investsefton**

**Sefton Council** 



**European Union**

European Regional  
Development Fund