

**Thurs 23rd
March 2023**

Health is Wealth

A workshop to help you improve your mental health

EVENT

Health & wellbeing

TIME

10:00am

Registration & Networking

10.30am

Workshop

12:30pm

Networking

1:00pm

Event ends

LOCATION

Maghull Town Hall
Hall Lane
Maghull
L31 7BB

There is a free car park at Maghull Town Hall and Maghull Train Station is 10mins away.

investsefton

Sefton Council's business support
and inward
investment service

InvestSefton in partnership with PACT Mantality would like to invite you to a workshop that focusses on mental health wellbeing.

Good mental health at work and good management go hand in hand and there is strong evidence to show that workplaces with high levels of mental health wellbeing are more productive.



PACT Mantality are a Sefton based business who are passionate about raising awareness and transforming people's mental health.

By using a variety of techniques that explore how past experiences can negatively impact on the present.

By facilitating change that improves your personal and professional development.

The session will provide 'food for thought' and highlight practices that you can incorporate into your personal and professional life that will create a positive impact.

Who should attend?

Any business, any size, any sector in Sefton.

Booking

To book your place(s) call Dom or Sharon on 0151 934 3452 or email investsefton@sefton.gov.uk



Sefton Council 



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