



MANAGING CHANGE

2 HOUR WORKSHOP
COVERS

- Awareness of individual responses to 'The Change Cycle'
- Understanding the anxious brain
- Redefining 'purpose' in challenging times
- An understanding of practical strategies to feel motivated both individually and collectively as a team.

An informative, interactive (through technology) session to provide understanding and skills for psychological well-being and resilience individually and as a team.

"The positives from this will last far longer than the time invested!"

"Easy to relate to, understand & take action upon. Brilliant!"

"The training has made me feel more confident about day to day tasks both at work and home"

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