



## Managing the Pressures of a Busy Work Life

### Introduction

The wellbeing of staff is a key area of focus for Achieving for Children and its partners. Social work, SEN casework, family support work, family therapy, youth work, management, teaching, business support, early years are all highly demanding, pressured and challenging jobs. They can be both physically and emotionally draining. Support for children, young people and their families should be enhanced with support for the staff working with them. This course provides a space for staff to think about their own emotional wellbeing and consider new strategies to enhance and prioritise their own wellness.

This course is for all staff working in schools, youth services, family support. The course will provide an opportunity to discuss our own emotional wellbeing and stress in more detail including how to recognise the signs of stress and consider what support can be useful by looking at a variety of different techniques.

### Learning Outcomes

By the end of the course delegates will be able to:

- Describe and recognise signs of stress
- Explain Cognitive Behavioural Therapy (CBT)
- Explain and utilise mindfulness
- Demonstrate an increased understanding of what support is available to support practitioner wellbeing
- Create a personalised wellbeing plan

Audience	Youth, Sports and Culture, Social, Family and Voluntary Support, Justice and Crime Prevention, Health, Education, Early Years and Childcare, Business Support
Age Ranges	0 - 5 yrs / 5 - 7 yrs / 7 - 11 yrs / 19 yrs / 11 - 19 yrs
Trainer	Louise Adam

Start Date	Venue	Times	Event Code
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