

Resilience and Wellbeing - in the workplace

FREE CAPACITY BUILDING WORKSHOP FOR SME'S & SOCIAL ENTERPRISES

GRREC Temporary Visitors Centre | 425 Polmadie Road | Glasgow | G42 0PJ

Tuesday 9th September 2014 | 09:15 – 12:30 hrs

Part of the FTSE 250 Pennon Group, Viridor is Scotland's leading recycling, renewable energy and sustainable waste partner. Working with 96% of Scottish local authorities, public bodies and Scotland's leading businesses, Viridor operates a £100m Scottish network of advanced recycling infrastructure and is investing £500m to translate Scottish zero waste policy into practice.

Viridor is working with Glasgow City Council to design, build finance and operate a European class modern recycling and renewable energy centre to better manage the city's 200,000 tonnes of residual waste that until now would have gone to landfill. The £154m project will deliver a broad range of opportunities for small businesses and social enterprises including a commitment to support a programme of capacity building workshops.

Resilience and Wellbeing – in the workplace (By Healthy Working Lives)

- Provide you with the knowledge and tools to build employee resilience to help them perform well and stay well.
- Understanding the links between pressure, stress, performance and health.
- Measure personal resilience.
- Identify actions you, as an employer, can take to build employee resilience.
- Identify how you can help your employees to build their personal resilience.

Delegates leave the workshop with resources, tools and sources of support to use in their workplace.

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Local business and enterprise