

Stress Less at Work: Techniques to Manage Stress

(Optimising success at work through relaxation - techniques to help yourself, and others if feeling overwhelmed, stressed, exhausted)

FREE CAPACITY BUILDING WORKSHOP FOR GLASGOW BASED SME's & SOCIAL ENTERPRISES

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

Wednesday 28th January 2015 | 10:00 – 12:00 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.

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- How to recognise if you are stressed?
- How do you usually manage stress? (are work days lost? sick days? loss of productivity? absenteeism?)
- Demonstrate tools for wellbeing
- Opportunity to practice on each other – head holds, finger holds
- Opportunity to practice EFT on self
- Reflect on impact
- Opportunity to try Visioning and create a vision board

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Local business and enterprise