**Managing Stress & Burnout**

A short bespoke training course designed to assist VCS staff, volunteers and beneficiaries in developing techniques to manage their stress levels in order to avoid burnout.

The course is designed and delivered by Clive Ireland owner of Training Solutions & Developments Ltd, an experienced mental health trainer and Chair of Shropshire Mental Health Support (formerly Mind).

**Date: 17 April 2023**

**Time: 09.30 – 12.30**

**Venue: Whittington Castle, Whittington SY11 4DF**

**Car parking is at the venue at a cost of £2.00**

**The cost of the training course is £30.00 which is refundable upon completion of the training.**

**Please note, this course is limited to a maximum of 16 people**

***This funding for this training course is provided through the Shropshire in Partnership Mental Health Project based at Qube, Oswestry***

<https://qube-oca.org.uk/courses/>

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