**Resilience and Stress**

Support reflection on resilience and stress management within the workplace

**Learning objectives**

By the end of the session learners will have the opportunity to:

Consider the principles of resilience

Reflect on stress and the benefits of resilience in challenging contexts

Explore the link between resilience and emotional intelligence

Identify useful strategies to help enhance resilience as well as stress management techniques

The course is delivered by Registered Mental Health Nurses from Shropshire Councils Joint Training team.

**Date: 24 Oct 2023**

**Time: 09.30 – 12.30**

**Venue: Training Room, Aico, Maesbury Road, Oswestry SY10 8NR**

**There is free car parking at the venue**

**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 20 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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