

HARMONY AT WORK

Elevating Wellness in the Workplace



WORKSHOPS
INFORMATION

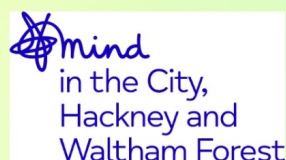
ADVICE **WELLBEING**
FILMS TASTER SESSIONS

**WEDNESDAY
29TH MAY 2024
10.45am - 2.45PM**

JOIN US FOR A COLLABORATIVE AND INSIGHTFUL EVENT FOCUSED ON ENHANCING WELL-BEING IN THE WORKFORCE AND COMBATING BURNOUT. LEARN PRACTICAL STRATEGIES TO PROMOTE MENTAL HEALTH, FOSTER RESILIENCE, AND CREATE A SUPPORTIVE WORK ENVIRONMENT FOR YOURSELF AND YOUR TEAM

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