



...achieving the best in people



# Handling Pressure



Weds 6<sup>th</sup> May  
9am – 12 noon  
Merley House, Wimborne

Rosie Barfoot from Training for Results and Rebecca Fordham from R.E.A.L. People Solutions invite you and your colleagues to a half-day motivational seminar on how to handle pressure at work.

It is estimated that some £360 million per year is lost due to stress related illness. Besides that, there are those suffering and working below their full potential, but not admitting or recognising the symptoms. It can also have a serious impact on home life and relationships; how do you put a price on that?

By looking at the way they handle pressure, Scottish Power reduced sick leave by 11% in some departments, United Biscuits saw a reduction in stress related illness amounting to a saving of 40 work weeks and Northumbria Healthcare NHS Trust saw a 5-7% decrease in sickness absence figures and a decrease in bullying and harassment.

Pressure is a good thing provided our bodies can handle it. It is when it leads to stress that it becomes a serious issue. People may not like to admit to it for fear of appearing weak, but the impact of not tackling it can be far more serious, even life threatening.

In just half a day we can help you...

- ★ Recognise when pressure leads to stress situations
- ★ Identify the main causes of your stress
- ★ Understand your commitment as an employer to manage stress
- ★ Take action to improve the situation

**£20 per person**

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### Handling Pressure – 6<sup>th</sup> May 2009

Name:..... Company:.....

Tel:..... Email:.....

Address:..... Postcode .....

I require: .....places @ £20 inc VAT

My guest(s) will be: Name..... Company.....

Name..... Company.....

Name..... Company.....

I enclose a cheque for £ ..... (Made payable to R.E.A.L. People Solutions Ltd)

VAT No: 906 7886 80

There are limited places available for this event so early booking is recommended. Please complete and return this form with full payment. Notice of cancellation must be given at least 5 working days before the event to obtain a full refund.

**Confirmation and further details will be issued 5 days in advance of the event.**

Please return to: Debbie Cohen R.E.A.L. People Solutions Ltd, Arena Business Centre, Holyrood Close, Poole, Dorset, BH17 7FJ