

One-Hour 'Bite-Sized Learning' Event

THREE SIMPLE SOLUTIONS TO MANAGE WORKPLACE STRESS For Everyone - Apprentice to CEO

"Did You Know That Stress is the Number One Reason for Long-Term Workplace Absence?"

*In just one hour, **within the comfort of your own premises**, your whole company can gain an insight into the causes and dangers of everyday stress. You'll leave with Three Simple Solutions to manage stress more effectively.*

This is an essential event for ANY business; especially those who have been, or are going, through a recently phase of dramatic change or restructuring. Maybe you've relocated, or even had to downsize and lay people off. Perhaps you've just received a large contract that will push you to the very limit. Whatever your particular challenge - your company now needs everyone to up their game and pull together to survive.

We're all frazzled; suffering from the everyday pressures of coping with these all-too-frequent changes. That's why I've designed your one-hour 'Bite-Sized learning' event to be easily digestible.

**Phone today to book your own on-site event.
Helen will happily talk to either 3 or 300!**

Helen Turier: 07920 026884

Download my free eBook 'Do You Always Catch a cold on Holiday or at Christmas'

www.HelenTurier.com

"Did You Know That Stress is Costing UK Businesses £1,035 Per Year, Per Employee?"



My name is Helen Turier; I'm an award-winning speaker, trainer and published author on the topic of resilience. My books are available worldwide on Amazon and Kindle.

I regularly speak and train groups on personal leadership, goal achievement, stress management and resilience. I have 25 years' experience in people development and training within the field of healthcare, technology and education. Having worked at both senior management and board level, I know how to motivate and inspire teams to achieve results under difficult circumstances.

Bite-Sized Event!

Only £249