

Being Psychologically Well at Work



By the end of this session, participants will be able to:

- 1) Apply techniques to manage resistance, fatigue and grief related to workplace change**
- 2) Understand some causes, effects and management strategies for anxiety, depression, work-related traumatic stress and other mental health concerns in the workplace**
- 3) Recognise 'normal' and 'abnormal' emotional expression**



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