

The group will take place at the One to One Project on Tuesday 19th April and Tuesday 26th April 2016

7:00pm – 9:00pm

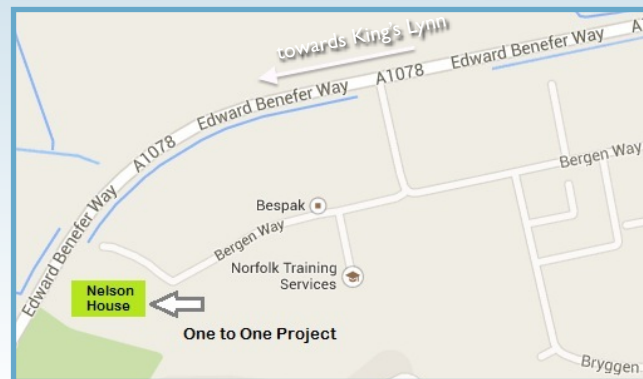
The cost for the two-session course is £50.00

**Don't miss out on this valuable opportunity to learn how to become stronger and happier at work.**

Check out our other course in this series: 'Assertiveness at Work' 7pm – 9pm on May 16th & 23rd

To book your place please contact the One to One Project on 01553 770770 or email us at [onetooneproject@aol.com](mailto:onetooneproject@aol.com)

One to One Project  
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Visit us on the web to find out all about our work:  
[www.onetooneproject.com](http://www.onetooneproject.com)



Registered charity no. 299052

# Managing Stress at Work



A new training course, held over two evenings, to help you manage stress and find fulfillment in the workplace

## How are you feeling about work today?

If your reply includes the word '**stressed**', you are not alone: 440,000 people in the UK reported work-related stress at a level they believed was making them ill in 2014/15 (according to the Health & Safety Executive).

### That's 40% of all work-related illness!

Perhaps sometimes you feel:

- the smallest things can send me into a panic
- things feel out of control and I struggle to cope
- "if I don't do it no-one will" but I'm trapped in a cycle of overburdening myself
- there aren't enough hours in the day
- I feel worried and tense when I'm at work

We would like to invite you to join us in exploring stress and finding ways to alleviate it in our working lives.

On the course we will be talking about:

- what work-related stress is, and what causes it
- identifying the signs and symptoms of stress in ourselves
- what we can learn, and what tools and techniques might help us manage stress differently

This two-evening workshop is not about judging ourselves or each other, but is about gaining awareness and understanding. This will be an important step towards having more control over our lives, and finding calm and fulfilment at work.

Change can feel difficult, but often the smallest changes produce useful and positive outcomes for our mental health and quality of life.



## About the One to One Project:

We are a well-established charity, having worked in King's Lynn and West Norfolk for over thirty years. Our range of services includes counselling, mentoring and self-help group work. We have a superb team of qualified counsellors and trainers, all highly experienced in working with groups and individuals to encourage learning, growth and resilience.

This new course offers our expertise in mental health and training to support wellbeing in the workplace.

## Your facilitators:

### Clare Tilbrook:

Clare is a UKCP registered qualified psychotherapeutic counsellor with over 14 years' experience working with both children and adults in a variety of settings. Clare has worked with the One to One Project on a voluntary basis for several years and is passionate about supporting people through their difficulties and finding appropriate ways to express their needs.

### Trish Benson:

Trish is a qualified professional counsellor and Registered Member of the British Association for Counselling and Psychotherapy (BACP). She has been a valued member of the team at the One to One Project for the past ten years and has had her own private practice for the last eight. Her professional work spanning over two decades has often involved supporting people in demanding environments such as substance misuse and sexual health charities, and the prison service. Trish is an experienced group facilitator, believing that groups can provide a positive experience of connection, learning and belonging.