



Training at Les Cotils

We are delighted to share details of our upcoming course...

Training for Small Businesses Wellbeing at Work Tuesday 7th November 2017

It is widely recognised that mentally healthy workplaces experience less absence, increased productivity and greater customer satisfaction. Yet right now, one in six workers is experiencing depression, anxiety or stress.

In this session, Jo Cottell, Manager of Guernsey Mind's Employee Wellbeing Service, will give a general introduction to managing mental health in the workplace, in particular in small businesses. This will include a basic awareness of mental health signs and symptoms in ourselves and in others, some practical tools to manage situations and a guide to what help is available in Guernsey.

Course Details

This course runs from 08:30 - 10:00 and costs £20 per person.

Course Providers

Les Cotils, in partnership with Guernsey Mind, are pleased to offer this course, aimed at small businesses.

To book, please call Vanessa Marsh on 727793 or contact Vanessa via email on Ness@lescotils.com.

The costs for this course are payable at the time of booking.



/LesCotils

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