

MAKING CHANGE HAPPEN

NEED TO HELP YOUR PEOPLE THROUGH DIFFICULT CHANGE?

TRY THE TEAM WELLBEING DAY

For teams which have gone through traumatic change, are under more pressure than usual or just need some extra help.

What happens?

- Education, information, humour and practical strategies are at the heart of the team wellbeing day.
- We help people recognise their own reactions to stress. And we explore who stresses who using biology, psychology and neuroscience.
- We can also help heal teams who've been through distressing experiences, unexpected hostile change or traumatic events using our 'Repair, Recover, Reconnect' methodology.

What do delegates leave with?

- Individual resilience action plans, including how to be a resilient role-model and build a resilient team.

Led by...



Mandy Rutter, a psychologist and counsellor who specialises in organisational trauma, resilience and mental health. She's worked with teams for over 20 years including employees affected by 911 and the Manchester bombings. Mandy's supported by **Sandie Bakowski**, organisational psychologist and founder of Making Change Happen.



HALF OR FULL DAY



UP TO 30 PEOPLE



OFF-SITE LOCATION



This isn't ordinary resilience training. Mandy is very funny, likeable and brings deep experience dealing with personal and organisational trauma.

HRD of a major UK government department