



SURVIVING AT WORK

THE AVENUE CONSULTING PEGASUS PROGRAMME – 'RISING ABOVE IT ALL'
A TWO-DAY TRAINING PROGRAMME FOR STAFF AND MANAGERS ACROSS A
VARIETY OF ORGANISATIONS



Fathered by Poseidon, Pegasus in Greek mythology was the winged horse that was able to rise above it all and reach for higher goals

Work can be a source of great joy, satisfaction, pride, camaraderie, confidence and achievement. However, it can also be a significant source of stress, anxiety, conflict, pain, suffering, discrimination, intimidation and despair.

The workplace can do a lot of harm if we are not careful. How, then, do we make sure we survive at work?

This course will help participants to maximise the positives of the workplace while also seeking to avoid the negatives by:

- Identifying the destructive processes that can operate in any organisational setting
- Exploring the importance of self-care and self-protection and not 'blaming the victim' for stress, bullying and conflict
- Examining how we can manage high levels of pressure without falling foul of stress
- Developing strategies for rising to the challenges of the modern workplace

Participants will have the opportunity to guard against workplace problems and make the most of the positives:

- Develop self-care skills
- Promote well-being
- Boost morale
- Tackle conflict
- Improve communication
- Reduce stress
- Develop assertiveness
- Promote dignity at work

Who should attend?

Staff and managers who are keen to:

- develop their knowledge and skills in relation to managing pressure
- maximise their potential in responding positively to workplace challenges

- avoid the potentially harmful effects of the workplace
- promote a positive working environment

What benefits does the course offer?

Increased levels of confidence in dealing with workplace pressures

Fewer workplace problems and thus less conflict, lower levels of sickness absence and other such problems

A more positive working environment

Increased levels of quality and productivity

Better teamwork

A constructive approach to workplace challenges

A realistic basis for establishing work-life balance



PROGRAMME

DAY ONE

- 9.30 Introductions/expectations
Workplace Well-being: What is it?
- 10.50 Break
- 11.10 Managing Pressure I: Avoiding Stress
- 12.30 Lunch
- 1.30 Managing Pressure II: Time and Workload Management
- 2.40 Break
- 3.00 Managing Conflict
- 4.00 End of Day One

DAY TWO

- 9.30 Recap on Day One
Negotiating Expectations
- 10.50 Break
- 11.10 Promoting Dignity at Work
- 12.30 Lunch
- 1.30 Effective Communication
- 2.40 Break
- 3.00 Action Planning / Summary / Conclusion / Evaluation
- 4.00 End of Course

The course will encourage participants to join in discussion and explore solutions to the challenges posed by the modern workplace with all its pressures.

A substantial folder of learning materials will be provided for all course members to act as a foundation for continued study and learning on this important topic.

The maximum number of participants is normally 16 to allow for in-depth learning and full participation.

LEARNING OBJECTIVES

- To explore the range of pressures and destructive processes common in many workplaces
- To develop an understanding of the importance of self-care and self-protection
- To identify strategies for promoting well-being and a positive working environment
- To establish the foundations for not only surviving at work, but also flourishing and maximising our potential

THE COURSE LEADER

Dr Neil Thompson was formerly Professor of Applied Social Studies at Staffordshire University. He is now the managing director of Avenue Consulting Ltd. He has over 100 publications to his name, including several best-selling books. He has been a speaker at seminars and conferences in the UK, Ireland, Spain, Greece, the Netherlands, Norway, Hong Kong, Australia, Canada and the United States. He is a Chartered Fellow of the Chartered Institute of Personnel and Development and a Fellow of the Royal Society of Arts. He was the founding editor of the *British Journal of Occupational Learning*.

Neil is a highly experienced training facilitator with a wealth of knowledge and the skills needed to bring the subject matter to life. His website is at www.neilthompson.info.

FURTHER INFORMATION

For further information or to discuss your requirements please contact us at the address below.

This course is accredited by the Law Society of England and Wales