



i-act ONE DAY MENTAL HEALTH & WELLBEING WORKSHOPS FOR MANAGERS & LEADERS

Do you want to want to decrease absenteeism, presenteeism and staff turnover and develop resilience to workplace stress?

This i-act workshop is a CPD accredited prevention & early intervention model designed for leaders and managers to gain the confidence, skills and tools to support employees who may be experiencing mental health and wellbeing issues



Dates below

OUR SERVICES

WE ALSO OFFER: i-act employee workshops, Mental Health First Aid (one and two days courses) and Workplace Mindfulness programmes

IDEAL FOR: leaders, managers and employees, HR, HSE, Occupational Health, and workplace wellbeing professionals

SUITABLE FOR: corporates, SMEs, charities & consultants

TO BOOK YOUR SPACE

Find out more and discuss your needs contact nicky@woodhaven.space

07802 256523

2019 I-ACT MANAGER/ LEADER DATES

April 29th

May 22nd

June 5th & 26th

Sept 12th & 25th

Oct 16th

Nov 19th



WOODHAVEN
SPACE
Inspirational Venue



WOODHAVEN
SPACE
Inspirational Venue

Surrey's new state of the art
EcoSmart presentation venue
for the ultimate corporate
day experience

Delicious cuisine, beautiful
relaxed setting and
break out areas
Corporate on-site
massage



BENEFITS OF OFF-SITE TRAINING

- A welcome change of scenery to the corporate environment to energise teams
- Improves productivity by reducing the likelihood of interruptions
- Allow employees to step away from the daily grind keeping everyone motivated
- Creates a relaxed, and fun environment to address challenging topics, improve motivation, encourage participation and build lasting change

CONTACT

nicky@woodhaven.space
07802 256523
www.woodhaven.space
5 mins walk from Woking
station, 24 mins from
Waterloo

DEVELOP & SUSTAIN YOUR BUSINESS WITH US

Highly skilled facilitators,
fabulous lunch, outdoor space,
complimentary corporate massage

designed by victoria@mindfulcommunity.co.uk