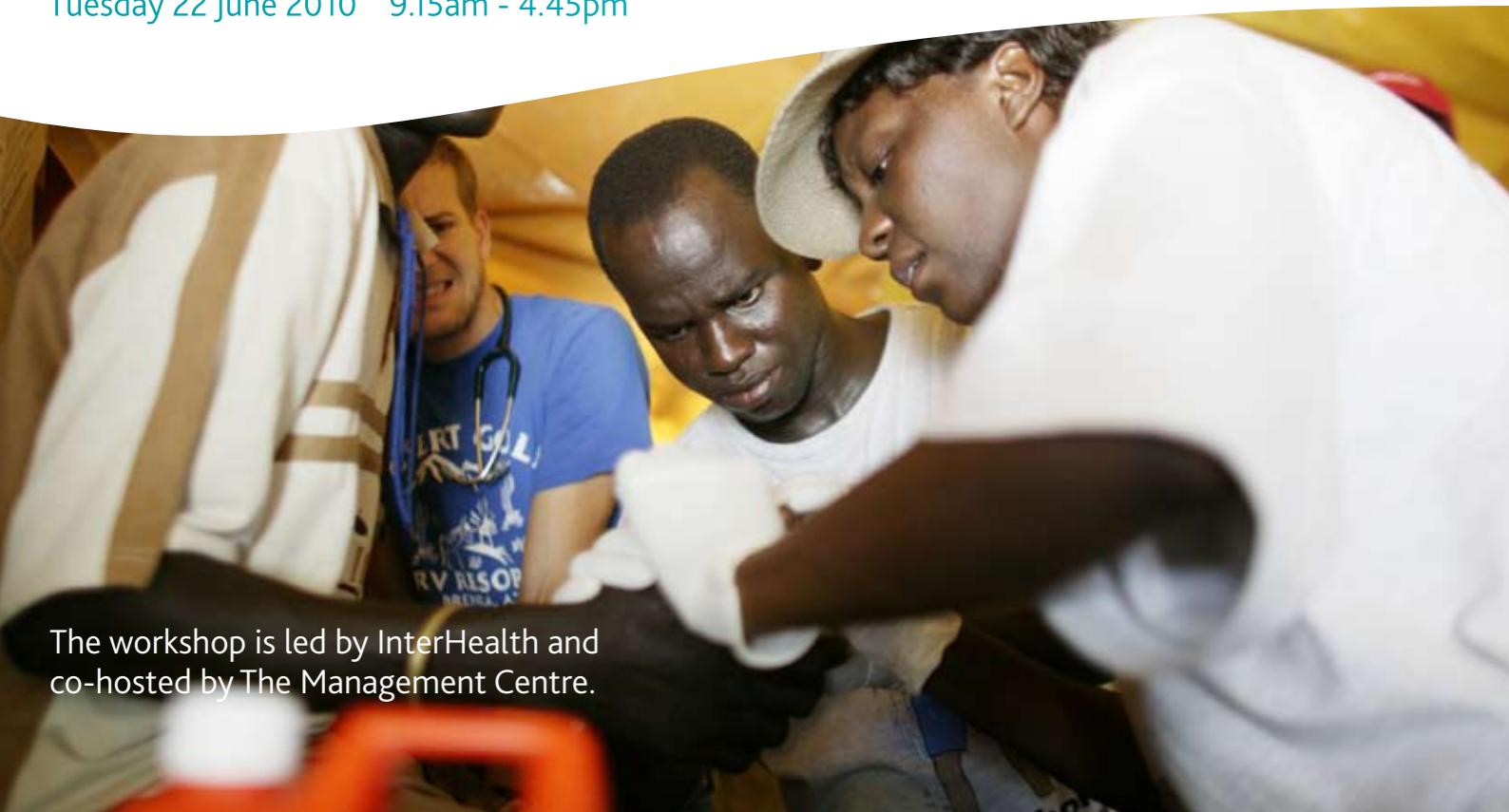


Building Resilience Under Pressure & Managing Others in High Stress Environments

One day workshop

Tuesday 22 June 2010 9.15am - 4.45pm



The workshop is led by InterHealth and co-hosted by The Management Centre.

Psychological health problems top the list of reasons why time is lost on international assignments. Your people can work more effectively by attending a one-day workshop.



Who is this for?

INGO managers based in HQ or field locations managing others in high-pressure environments. This workshop is not primarily for HR professionals.

Learning outcomes

By the end of this day delegates will be able to;

- understand the legal obligations to manage stress in the workplace
- apply key principles in identifying and managing staff under stress, including;

when to intervene and how to;

- select strategies for reducing cumulative stress among staff
- select strategies for maximising resilience in individuals and teams
- improve distance and multicultural management practice

This workshop focuses on managing cumulative stress among staff working in high stress environments. The impact and management of traumatic stress and critical incidents will not be addressed.

The Management Centre (=mc)

=mc is the leading training, management and fundraising consultancy working exclusively in the not-for-profit sector in the UK and worldwide. A wide range of organisations currently benefit from =mc's training services including Sightsavers International, Concern Worldwide, UNICEF, Fairtrade Foundation and the British Council.

Amongst their services, =mc delivers the flagship International Management and Leadership Programme, developed with People In Aid. It is the only comprehensive programme which addresses the need for highly flexible and effective leadership for international managers working across countries and cultures.

www.managementcentre.co.uk/impl

InterHealth

InterHealth is a specialist London based medical charity and provides Medical, Psychological, Occupational and Travel Health support to many of the major international agencies involved in humanitarian relief and poverty reduction across the world.

www.interhealth.org.uk

Location: InterHealth, 111 Westminster Bridge Road, London, SE1 7HR

Cost: £135 + VAT (InterHealth subscribers)
£170 + VAT (non-subscribers)
(refreshments and lunch included)

How to book

Book online or download a registration form on the InterHealth website:

www.interhealth.org.uk/workshops.html