

# CPD Twilight Session

29th June 2017

## Pressure Management & Resilience for Busy People

Delivered by Bethany Kelly

This course is all about helping your staff to work well under pressure when they need to, but it's also about helping them to understand when and how to ease off the gas a bit. It is designed to help staff know how to look after themselves from an emotional perspective and to establish and maintain a healthy work/life balance so that they can contribute positively to the school over many years, rather than risking burn out or becoming cynical and jaded.

If you are looking for a course that will inspire and motivate your staff to be able to deal with the challenges of working in a school in the 21<sup>st</sup> century, you've found it!

**Duration:** 15:15–  
16:45 (90 minutes)

**Location:** The  
Polesworth School,  
Dordon Road,  
Dordon, Tamworth  
B78 1QT

**Course fee:** FREE  
(two delegates per  
organisation)

If you are interested in attending this course please contact [s.tocker@thepolesworthschool.com](mailto:s.tocker@thepolesworthschool.com) for a booking form.

