



TIME to be ASSERTIVE and RESILIENT!

The Wardley wellbeing service offers a range of workshops and online resources covering the following areas:

- Introduction to Wellbeing
- Introduction to Assertiveness
- Stress Management & Building Resilience
- Time Management

Their aim is to increase understanding of these topics and the benefits they can provide both in the workplace and at home. Areas covered include dealing with stress and pressure, building confidence, setting boundaries, identifying communication styles, prioritising, delegating tasks and developing a positive outlook.

All of our workshops are specifically tailored to meet the needs of those in the pharmacy profession. Attendees will be introduced to a range of tried and tested tools, techniques and ideas with activities including role play, case studies, cognitive behavioural therapy (CBT) and group discussion. Each workshop runs for up to two hours and is free to eligible attendees (pharmacists, pre-reg trainees and MPharm students).

If you or your organisation would like to host a workshop all you need to do is guarantee a minimum of 20 attendees and arrange a venue – we will do the rest.

FOR FURTHER INFORMATION

Call: 0161 441 0811

Email: wellbeing@pharmacistsupport.org

Visit: www.pharmacistsupport.org



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