

## Changing Futures

**When?** Thursday 16 May 2019  
9.00am for 9.15am start to 2.00pm (*including lunch*)

**Where?** Hunday Manor Hotel, near Workington, Cumbria CA14 4JF

**Cost?** No charge for BECBC members

**Do you want to identify causes of potential stress and deal with them creatively at source *before* they become a wellbeing issue?**

**Do you feel time or job pressures are really challenging you just now?**

**This is a practical and experiential workshop to help identify the stress points and pro-actively create a different future.**

This workshop allows people to explore both individually and together how their different roles at work interlink to explore conflicts, overlap and opportunities for the future that can fundamentally change their wellbeing.

We will work together to support each other, as well as develop our self-awareness, reflection and empowerment. This workshop is designed for managers and leaders from larger organisations to give you:

1. Self-awareness of current roles and causes of conflict
2. Skills for peer support
3. Identification of potential causes of stress before they become a problem
5. Co-creation of solutions.

**Presenter: Lucy Harrison, Director of the Harrison Network**

We recognise that not all the skills you need to deliver excellent performance are technical. We develop soft skills for tough jobs. We are coaches, facilitators, trainers – call us what you like, we are good at what we do.

The Harrison Network develop Emotional and Social Intelligence through leadership coaching, team development and organisational behaviours.

Finalists of BECBC Business Awards 2018.



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**To register contact: [hazel.duhy@becbusinesscluster.co.uk](mailto:hazel.duhy@becbusinesscluster.co.uk)  
by Friday 10 May 2019**

**[www.becbusinesscluster.co.uk](http://www.becbusinesscluster.co.uk)**