

Positive work culture

Positive work culture – Training workshops for managers and staff

The Stress Clinic provides training for managers and staff that raise awareness and minimise organisational risks associated with psychological distress at work.

Our training workshops can be designed either for employees or managers or both together! Content varies and is subject to agreement with you, our client. We are happy to pilot courses to ensure that they will be effective for your organisation. Please note that we can also provide coaching, clinical and risk assessments, independent investigation, and other individual interventions if required.

Please call me, Derek Mowbray, on 01242 604 271, or email me derek.mowbray@psychologistsdirect.org for information, quotes and to discuss your specific requirements.

Work should fulfil many of our personal desires and needs. For those organisations based on a positive working culture managers and staff enjoy a relationship that is based on trust and commitment. This has a positive effect on innovation, creativity, enthusiasm and other features of highly successful organisations, as well as reducing the excess costs associated with sickness absence and staff turnover.

Headline content:

- The characteristics of a positive work culture
- Steps towards a positive culture
- The behaviours that promote positive working
- The 'rules' of organisations with a positive culture
- The structures that promote positive working
- Action plan

Major benefits:

- Substantially raised awareness
- Improved behaviours at work
- Reduced organisational costs
- Improved staff engagement
- Increased resilience

[Dr Derek Mowbray](#) is widely recognised as an expert in stress control and the prevention of stress. He contributes regularly to HRZone and the HSE blog. His national presentations to the NHS Employers in 2008 and to the annual conferences of the International Stress Management Association in 2008 and 2009 were praised for their clear sense of direction in preventing and controlling stress.

Derek Mowbray is visiting Professor in Psychology, an Independent Technical Expert for the European Commission, an Expert Witness in Stress Management, and an experienced top manager in the public, private, education and voluntary sectors.

With partner, [Alan Bradshaw](#), also widely recognised as an expert in stress control and the founder of In Equilibrium, they have set up *The Stress Clinic* to provide organisations, managers and employees with services that prevent stress and enhance well-being at work.

www.derekmowbray.co.uk