



The Lisa Lowe Centre
Specialist Psychological Therapies



Positive Mental Health

Title: Workshop 1 - Managing general depression, anxiety and stress in the workplace–
2.5 hour (20 places only)

Date: Wednesday February 21st

Time: 9.30 – 12 noon

Venue: Keyll Darree education Centre, Nobles Hospital, Strang, Braddan, IM4 4RH

Cost: £60 per person + VAT

Overview:

All businesses are responsible for their employees healthcare, this includes mental health. Managing stress and anxiety in the workplace will give you an understanding of detection and early intervention. Early Intervention will reduce the amount of time taken off as a direct cause of mental pressure and reduce the resulting added stress on the rest of the team.

Presented by:

Professor Robin Davidson, a Consultant Clinical Psychologist who has published widely in Addictions and Health Psychology and Psycho-oncology. Robin has spearheaded our charity for the past 10 years and has developed a close bond with the Isle of Man. Professor Davidson's inclusive approach will make sure that everyone will benefit from the short workshop approach.

To book your places please email:

info@thecentre.im

For further information please visit:

www.thecentre.im/education
