

The Wayfinder Summer Workshop Programme



The summer is a time to take things a bit easier, some people are off on their hols, it's the school holidays – yes it's a great opportunity to take some time out and reflect on some of those issues causing you the most headaches.

- **Are you experiencing a difficult time with one of your staff?**
- **Is there a lack of motivation in your team?**

- **Do you have plans to set up a new project?**
- **Do you want some ideas about how to get this going successfully?**

- **Looking for new ways to consult those who use your services?**
- **Why not beef up those funding applications in the autumn with some telling research findings?**

Welcome to a new programme of short, information-packed workshops through July and August, held at lunchtimes and early evenings, facilitated by Carolyn Barber, Karen Williams and Rosalind Brenner.

Carolyn is the Managing Director of Wayfinder Associates and a social care professional with 25 years experience, Karen is a qualified Life Coach with background in corporate HR, and Rosalind has practised for many years in Australia as a drug and alcohol counsellor with her own stress management business.

All workshops are based at The Parlour in Southsea, and you'll enjoy the unique peaceful, 'away from it all' atmosphere and excellent training facilities.

Make the most of easy, free parking, or take a 10 minute walk from Fratton station.

And our delicious food and refreshments are all part of the deal!

By attending any of these workshops, you and your staff will benefit by:

- **Managing time and workloads better**
- **Resolving difficulties**
- **Improving motivation**
- **Learning new skills**
- **Finding out where to access useful resources**
- **Reducing stress**

DETAILS OF COSTS AND HOW TO BOOK AT THE END



The Parlour, 265 Old Fawcett Road
Southsea, PO4 0LB
Tel: 023 9282 8148

Email: info@wayfinderassociates.co.uk

WORKSHOP PROGRAMME

SUPPORTING PEOPLE

Managing your time – how to enjoy an effective work/life balance and still meet those targets	Wednesday 30th July	12 – 2pm
	Monday 18th August	5.30 – 7.30pm
Managing stress – identify those pressure points and learn how to deal with them	Thursday 31st July	7 – 9pm
	Thursday 7th August	5.30 – 7.30pm
Reducing stress through relaxation and meditation – practice techniques to manage stress and anxiety	Tuesday 12th August	5.30 – 7.30pm
	Thursday 14th August	11am – 1pm
	Tuesday 19th August	7 – 9pm

BUILDING CAPACITY

Introducing a solution focused approach – the basic principles	Monday 14th July	5.30 – 7.30pm
	Friday 29th August	12 – 2pm
Coaching staff – how to get the very best from those you manage	Thursday 17th July	5.30 – 7.30pm
	Monday 21st July	5.30 – 7.30
Team building - tried and tested methods to get your team working effectively	Wednesday 27th August	12 – 2pm
	Monday 4th August	5.30 – 7.30pm
Supervising staff – where there's conflict and difficult relationships	Wednesday 3rd September	12 – 2pm



GROWING BUSINESS

Managing projects – the basics of planning for success	Wednesday 16th July	12 – 2pm
	Thursday 14th August	5.30 – 7.30pm
Evaluating services – structured ways to check quantity and quality	Wednesday 6th August	12 – 2pm
Consulting users and carers - more imaginative ways of finding out what people really want	Monday 11th August	5.30 – 7.30pm
	Wednesday 20th August	12 – 2pm
Using research for funding applications – how to find the right messages based on real evidence	Wednesday 13th August	12 – 2pm
	Thursday 21st August	5.30 – 7.30pm

COSTS

For third sector organisations and self-employed:	£25 per place
For public sector and private companies:	£35 per place

Save £5 with EARLY BIRD bookings

10% discount on bookings for 3 or more workshops

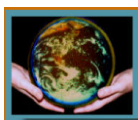
BOOK YOUR PLACES NOW

BY CALLING CAROLYN BARBER ON 023 9282 8148

OR EMAIL info@wayfinderassociates.co.uk

PLACES ARE LIMITED TO 10 PER WORKSHOP

FOR MORE INFORMATION ABOUT WAYFINDER ASSOCIATES AND THE CONSULTANCY AND TRAINING SERVICES AVAILABLE, PLEASE GO TO:
www.wayfinderassociates.co.uk



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