IPI Academy

MANAGEMENT forum



Presented by
Management Forum

Managing The Modern Workplace: Practical Strategies for Wellbeing

Recorded on **21 April**

FREE lunchtime webinar exploring practical stress reduction techniques and resilience-building strategies to enhance workplace wellbeing and mental health for busy professionals.

Format:
Recorded webcast

CPD:
1 hours for your records

Certificate of completion

Overview

Well-being is more than the absence of illness – it's the experience of health, happiness, and prosperity. It includes good mental health, life satisfaction, a sense of meaning, and the ability to manage stress effectively. This free lunchtime session explores the many dimensions of well-being, from physical, emotional, and cognitive reactions to stress, to the factors that enhance personal wellness and resilience.

Participants will gain practical insights and techniques for reducing stress, improving balance, and fostering long-term mental and emotional well-being.

Key topics in this exciting webinar include:

- Defining well-being and what it means in practice
- Recognising physical, emotional, and cognitive reactions
- Understanding the factors that increase well-being
- Techniques to reduce stress and improve resilience
- Practical steps for improving mental health and wellness

Benefits of attending

- **Gain** a clear definition of well-being and why it matters
- **Recognise** the signs of stress and its impact on body and mind
- **Understand** how external and internal causes affect personal wellness
- **Learn** strategies to reduce stress and build resilience
- **Explore** ways to enhance well-being across all areas of life
- **Access** practical tools for improving mental health and sustaining happiness

Who should attend?

- Professionals experiencing workplace stress or fatigue
- Managers, HR teams, and leaders responsible for employee wellbeing
- Anyone noticing symptoms of exhaustion, negativity, or reduced performance
- Individuals juggling high personal and professional demands.
- Anyone else seeking practical tools to prevent and manage burnout

Presenter



Claire Mould

With over thirty years' experience of working in and with the public, corporate, and charitable sectors, Claire has expertise in providing strategic, analytical, emotionally intelligent solutions that engender, inform, facilitate and embed growth through compassionate leadership.

Extending from post-doctoral studies on neurology, specifically the link between emotional intelligence and cognitive intelligence, Claire has written, presented, and worked at a national, European, and international level and has published several research papers and books.

In her previous time as a CEO of various charities, she has practical experience in the art of compassionate leadership and has developed a real passion for helping individuals and organisations to optimise their growth potential.

In addition to her work as a facilitator, delivering sessions and presenting, Claire also works as an independent consultant providing emotionally intelligent strategic solutions, embedding compassionate leadership and maximising growth.

In her spare time, Claire runs for mental health and wellbeing, including running marathons and ultra marathons.

Course date

21 April	**Recorded webcast** 12:00-13:00 **UK (London)** (UTC+01) *Course code 16772*

How to book

Online:
ipi.academy/3357

Alternatively contact us to book, or if you have any queries:

Email:
info@ipiacademy.com

Phone:
+44 (0)20 7749 4749

Discounts

- Booking more than one delegate on any one date qualifies for a **30% discount** on the second and subsequent places.
- Most events qualify for an **early booking discount** prior to 6 weeks before the course date. Be sure to check on our website, where the latest discounts will be shown.

Further information

Fee
The fee includes all meals and refreshments for the duration of the course (for venue-based courses) and a complete set of course materials (provided electronically). If you have any particular requirements, please advise customer services when booking.

Please note
IPI Academy (and our training partners) reserve the right to change the content and timing of the programme, the speakers, the date and venue due to reasons beyond their control. In the unlikely event that the course is cancelled, we will refund the registration fee and disclaim any further liability.

Terms and conditions
The rest of the our terms, the event cancellation policy and the terms and conditions are on our website, please visit ipi.academy/content/terms-and-conditions

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ALEKSANDRA BEER
Tel: +44 (0)20 7749 4749
Email:
inhouse@ipiacademy.com



YESIM NURKO
Tel: +44 (0)20 7749 4749
Email:
inhouse@ipiacademy.com



Harry ALTAMONT
Tel: +44 (0)20 7749 4749
Email:
inhouse@ipiacademy.com

IPI Academy

IPI Academy is a training initiative of Falconbury and Management Forum; leading providers of industry training for over 30 years, based in the UK.

10-12 Rivington Street
London EC2A 3DU

ipi.academy
Tel: +44 (0)20 7749 4749
Email: info@ipiacademy.com