

# Building Corporate and Personal Resilience to improve Wellbeing and Performance

## Public Service Academy Mini Masterclass

A half day awareness raising masterclass delivered by Dr Derek Mowbray providing the opportunity for managers to learn techniques to improve the cultural context and manage behaviours that lead to corporate and personal resilience.

### Who should attend:

Managers, Internal champions of change, Organisational Development, Human Resources, Occupational Health, Health & Safety and Wellbeing specialists

### Learning Outcomes:

- Understand stress
- Understand the causes stress and psychological presenteeism in the workforce
- Understand personal and corporate resilience
- Understand the manager's role in preventing stress
- Understand the impact of Wellbeing on Performance

### Cost Per Place:

PSA partners have their agreed place allocation.  
Cost per non members: **£50 per place.**

A **£50** fee will be incurred for non-attendance or cancellation within 2 weeks.

To book a place online go to [www.gatesheadpsa.co.uk](http://www.gatesheadpsa.co.uk) or for more information please contact a member of the PSA team on 0191 4332216/4332892



Dryden Centre  
Evistones Road,  
Gateshead  
NE9 5UR

### Masterclass Date

Thursday 23 January 2014  
2.00pm - 4.30pm  
(1.30pm registration)

## About Derek Mowbray



**Derek Mowbray** is a Chartered Psychologist and Chartered Scientist with a doctorate in leadership. Dr Mowbray focuses on the primary prevention of psychological distress at work, with the purpose of improving performance in individuals and organisations. This means the prevention of events and adverse behaviours that trigger distress in others. His target is to eliminate psychological presenteeism in the workplace, a feature in organisations that contributes to significant (avoidable) costs and considerable (avoidable) under performance. He is widely recognised as an expert in facilitating the development and maintenance of positive

work cultures, manager behaviours and working environments that provoke the commitment, trust and engagement (the principal antidote to psychological distress) of employees with their employing organisation and with their work. His personal resilience programme has attracted audiences from around the world.

Derek's techniques include problem focused coaching, cognitive coaching, group work and consultancy and he combines the unique features of working on the big picture as a strategist as well as facilitating effective leader and manager performance. Derek is Chairman of The WellBeing and Performance Group that includes MAS and OrganisationHealth. He is visiting Professor of Psychology at the Universities of Northumbria and Gloucestershire.

For further information on **Strengthening Resilience**, download Prof Mowbray's paper or visit [www.mas.org.uk](http://www.mas.org.uk)

