



Surviving and Thriving at Work – from Personalising to Setting the Wider Context

EastbourneUK, **17 & 18 June 2024**, 09.30-16.30 UK TIME

Are you working in a context where there aren't enough resources or time to meet demand? Is it often hard to know what to do? Which situation to prioritise? Are you just about surviving? Fearful you might soon burn out? Are you consulting to organisations where this is reality?

With Rowena Davis and Annie MacIver



This workshop will explore the impact on our wellbeing and functioning of working in organisations under sustained pressure. We'll apply the Systems-Centered® idea of 'survival roles' – the de-fault places we all go to under stress – to learn more about our reactions and behaviours under pressure and discover alternative options.



Using the method of Functional Subgrouping, we'll practise strategies to regain self-regulation, reduce reactivity and reclaim our creativity and energy at work.

FEES:

Community groups, public and third sector organisations – £350
SCTRI members £450
Others – £525

If you are interested in attending and the fee is the main obstacle, please contact info@sctuk.org so we can work with you to find a way through this.

DETAILS:



sctuk.org/eb24