

# Distress or De-stress?

## Managing Workplace Stress

11.30am—2.00pm. Tuesday 9th March 2010  
Bishops Palace, Wells, Somerset, BA5 2BD

Stress is the no. 1 cause of long term absence in non-manual workers in the UK, costing businesses over £530m through 13.5m lost days and causing serious ill health for over 500,000 people each year.

Find out how you can prevent or reduce stress in your workplace, and what it could mean for your business if you don't, including:

- How stress can impact on your business
- Why it's important to look after your staff
- Your responsibilities and liabilities as an employer
- How to minimise stress and improve staff wellbeing

Speakers:

**Helen Lacey**, Red Berry Recruitment Agency

**Nicki Davey**, Saltbox Training & Events

**Anne-Marie Boyle**, Nicholas Moore Employment Lawyers

Includes free stress-busting resources, buffet lunch, networking time, and free entry to de-stress in the beautiful Bishop's Palace Gardens.

nicholas  
moore

specialist  
employment  
lawyers



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## Programme

- 11.30 Arrivals, coffee and networking**
- 12.00 Reducing stress through effective recruitment**  
Helen Lacey, Managing Director,  
Red Berry Recruitment Ltd.
- 12.20 Dealing with stress and improving wellbeing**  
Nicki Davey, Director  
Saltbox Training & Events Ltd
- 12.50 Employers responsibilities and liabilities**  
Anne-Marie Boyle, Senior Associate  
Nicholas Moore Specialist Employment Lawyers
- 1.15 Questions**
- 1.30 Buffet lunch and networking**
- 2.30 Close and free entry to the Bishops Palace Gardens**

This worthwhile event is just £20 per person.

All profits will be donated to **Somerset Young Carer's Network**, a charity which provides invaluable support and advice to children and young people who care for a family member.

Plenty of parking is available just a short walk from the Bishops Palace. Visit [www.bishopspalacewells.co.uk/location\\_map.php](http://www.bishopspalacewells.co.uk/location_map.php) for details.

For more information call Nicki Davey on 01749 687357 or email [nicki@salt-box.co.uk](mailto:nicki@salt-box.co.uk)



**Red Berry Recruitment Ltd**  
Make your life fruitful!

Award winning agency, Red Berry Recruitment recruits for a number of sectors in the temporary and permanent market place in and around Shepton Mallet. Managing Director Helen Lacey feels that the service Red Berry offers is above and beyond most people's expectations!



Saltbox Training & Events Ltd make amazing things happen. We deliver training and other services which increase motivation, morale and wellbeing and give people new skills and knowledge. We make sure people come away from our events feeling positive about themselves and what they can do.



Nicholas Moore is a specialist employment law practice, based in Somerset, and providing advice to regional and national employers. The practice has a reputation as 'a team that communicates pragmatically and clearly' and offers clients the most effective, simple, commercial solution - no matter how complex the employment issue is.

## Distress or De-stress?

Please reserve me ..... places at this event:

Name.....

Job title .....

Company .....

Email .....

Phone .....

Delegate names:

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I enclose a cheque for £20 per person made payable to Saltbox Training & Events Ltd.

Please return this booking slip and your cheque by Friday 26th February to:

Saltbox Training & Events  
1 South Bank  
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