



Half Day – Vocational Rehabilitation Workshop – Improving Outcomes

Overview

Sickness absence costs UK employers around £12.2 billion each year. Between 2% and 16% of the annual UK salary bill is spent on sickness absence, but together we can reduce the cost by applying an integrated approach. Evidence indicates that this is highly valued by those with longer term health conditions as it focuses on the whole person and their situation, not just the physical symptoms of a problem.

Come on this workshop to learn practical tools for managing employee wellbeing, attendance and presenteeism issues, and how to promote a wellbeing culture. Understand how to better identify when and how to intervene to achieve a range of benefits to your organisation, including:

- Improved productivity and performance
- Reduced absenteeism and other costs associated with ill health
- Fewer injuries, accidents, and insurance and compensation claims
- Improved employee morale and staff retention
- Employees more receptive to and better able to cope with change
- Enhanced business reputation and corporate responsibility

Who should come on the course?

- Senior Managers, Line Managers and Team Leaders
- HR Managers and Officers
- H&S Managers and Technicians
- Occupational Health Doctors, Nurses and Technicians

Learning Outcomes - By the end of the session you will be able to:

- Define an integrated approach and list the benefits
- Recognise behaviour change linked to poor physical and mental health and wellbeing
- Identify when an early intervention is required to prevent short/long-term absences
- Evaluate your management of long-term absences and planned returns to work
- Build confidence and self-awareness with employees
- Apply the practical tools within your workplace immediately on your return

Booking Information

Organisations - Training can be at your venue on dates to suit for 8-16 delegates. Alternatively, we may be able to source a suitable venue. Your own organisations policies will be embedded in this session. This half-day workshop has two, ten minute comfort breaks.

Individuals – Details are currently being taken for delivery in Autumn/Winter 2013.

Costs

In-house delivery – available on request

Open sessions - £69 per delegate

Delivery

The practical workshops will be delivered by Pam Kay and facilitated by Jane Summers



Qualifications:

- BSc (Hons) Physiotherapy
- HG.Dip.P.
- Post-Graduate Diploma Human Givens Psychotherapy, NTU

Professional Membership:

- HPC
- CSP
- MHGI

During the past seven years I have specialised in bridging the gap between physical and mental health conditions. Building on many years' experience of working within the NHS in rehabilitation, I qualified as a Physiotherapist in 2004. I completed the Post-Graduate Diploma in Human Givens Psychotherapy at Nottingham Trent University in 2011.

As a health professional I have been able to help a wide variety of people to overcome the effects of traumatic events and a range of conditions, to feel inspired and move on with their lives. An Integrated approach is highly valued by those with longer term health conditions as it focuses on the whole person and their situation, not just the physical symptoms of a problem.

Whilst working in the NHS a couple of days a week as a specialist therapist I also provide private Human Givens-based therapy in a comfortable consulting room with private parking. Referrals are accepted from a variety of sources: Self referral; NHS; Medical Insurance; Occupational Health Companies and Recommendations. I hold a current Enhanced CRB disclosure.

The therapy sessions last between 60-90 minutes and aim to alleviate worry and stress. You will build confidence to self-manage health, personal, occupational and lifestyle problems.



Qualifications:

- CTTLS Level 4
- Mental Health First Aid Instructor
- NVQ 3 Guidance

I am currently a self-employed trainer delivering a range of training courses and workplace health interventions throughout Lancashire, including bespoke and internationally recognised. I Chair the East Lancs Mental Health Forum and sit on the panel for the NW Workplace Wellbeing Charter.

As a Workplace Health Specialist I developed the 'Workfit' programme for Burnley Borough Council, engaging local businesses to create a healthy workplace for their employees and encouraging healthy lifestyle choices through a range of initiatives.

Previous roles within Jobcentre Plus include Disability Employment Adviser working with employees and their employers, and Quality Support Manager

Please contact Jane at Lancashire Training Solutions for further information.

Lancashire Training Solutions is a training provider committed to providing quality training and passionate about improving the workplace health of employees and apprentices.

Specialising in bridging the gap between physical and mental health

Lancashire Training Solutions, 27 Oak Street, Burnley, Lancs, BB12 6RG

t: 01282 712223 m: 07909 526325 e:lancashiretrainingsolutions@gmail.com