

A black and white photograph of two women smiling and looking at each other. The woman on the left has dark curly hair and is wearing a dark top. The woman on the right has dark hair pulled back and is wearing a patterned top. They appear to be in a professional or educational setting.

Greater resilience, better care

Developing the resilience of you and your workers

Easy travel to the venue
5 minute walk from York train station.
Park and ride £3.10 for the day.

Tuesday 18 September

10.00 - 16.00

City of York Council offices, Station Rise, York

Come along to this free event and learn how you can develop resilience in your workplace.

Developing the resilience of your workers is one of the key ways to retain workers with the right values and behaviours.

The daily stress of care work can contribute to errors, misjudgements, low morale and sickness absence, so it's important that you support your workers to become resilient. It protects their mental and physical health and wellbeing, and helps them deliver high quality care and support.

This event is open to **registered managers** of adult social care organisations in the **Yorkshire, Humber and North East region**. It'll cover:

- what is resilience and why does it matter
- building resilience – what works
- Psychologically Informed Environments
- developing resilience in your teams.

Book your place at: www.skillsforcare.org.uk/resilienceYork2018

In partnership with: