



A BPP/WELLBEING AT WORK DAY SEMINAR

# LESS STRESS

WEDNESDAY 7TH NOVEMBER 2012

Royal Yacht Hotel | 5.5 CPD hours



# The essential management course to reduce your stress.

Work related stress has become the most common cause of long-term sickness absence and costs organisations thousands of pounds every year in staff turnover, lost productivity, presenteeism, compensation claims and medical expenses. It is an epidemic of serious proportions and cannot be ignored. WellBeing At Work has partnered with BPP to bring you a unique workshop. Never before delivered in this way, Less Stress will deliver on its promise in more ways than one.

Not only will attendees go away with a full understanding of what causes stress in the workplace; how to recognise it; and how to deal with it, they will also receive valuable advice from wellbeing professionals across the spectrum from nutrition and workplace ergonomics to mental and physical health, with useful and practical solutions to immediately apply back in the workplace.

ATTENDEES will also gain access to the WellBeing At Work Audit and an optional Mindfulness in the Workplace Meditation, now so popular with many successful organisations for reducing stress and enhancing productivity.

## Our Speakers

### Lincoln Miles

BA Hons, FCCA, FCMI  
Lincoln is the Managing Director of BPP in Jersey.

He designs, writes and presents post qualification training courses, workshops and seminars for accounting professionals. He also teaches accountants for their ACCA, CIMA, ICSA and ICAEW accounting exams.



### Andy Barnes

Andy is MD of Jersey Foodstate which provides nutrients in a healthy, natural way, just as they are with whole food. He is the purveyor of the highest quality vitamin, mineral and herbal supplements, as well as information, education and in-depth research about diet and nutrition.



### Lorna Jackson

Lorna completed three years training in the UK to become a registered Acupuncturist, Tui na & Qi Gong practitioner, training both at the London College of Traditional Acupuncture & Oriental Medicine, the largest Traditional Chinese Medical institution in the UK. She completed her training at the Northern College in York and now runs Health Point Clinic.



### Fran Bisson MCFM

Fran designs and delivers Personal Effectiveness and Management Development programmes on a public basis at BPP and also tailored, in-house programmes to meet individual client objectives. She joined BPP after 20 years with Barclays where she worked in Training & Development. Her current areas of interest are within coaching and she is also a Neuro-linguistic practitioner.



### Claire de Gruchy

Claire has worked since 2003 as a Neuro-Developmental Therapist, helping people with developmental and learning difficulties. Following further extensive training she qualified as a Health Kinesiologist. HK is a powerful yet gentle technique that offers a drug free alternative to many issues, while identifying the underlying causes of problems. Claire is based at the New Era Health Centre.



### Elaine McGoogan

Elaine has been exploring meditation in India, Scotland, New Zealand and Austria for more than 25 years. She has trained in massage, bodywork and energy healing and in May 2011 graduated from the highly respected Barbara Brennan School of Healing Europe after completing an intensive 4-year training in energy healing.



### Peter Mac

Cognitive Hypnotherapist  
Peter trained at the Quest Institute at Regents College, Regents Park, London to become Jersey's first Cognitive Hypnotherapist. Since then he has helped hundreds of people be at peace with a huge variety of problems. He is a registered member of the NCH (National Council for Hypnotherapy) & the CNCH (Complementary & Natural Healthcare Council).



### Grant Henderson

Grant is a well-known local chiropractor who has practiced in the Channel Islands for over 20 years. He is a Fellow of the College of Chiropractors and through his many years of experience as a chiropractor and workstation assessor has developed a profound understanding of office ergonomics. As a result of his clinical and ergonomic consultancy work, he has helped many thousands of individuals in the Channel Islands to lead healthier, happier lives.



### Beverley Le Cuirot

Beverley holds the IoD Diploma in Company Direction; is a Chartered Marketer; has served as Director and Head of HR, Training and Change Management for Standard Chartered Bank Jersey; and subsequently trained as a Life Coach. In 2008 she established Immediate Impact Limited, which she continues to run alongside WellBeing World.



# The Programme



8.30am – 9.00am	<b>Registration Tea/Coffee on Arrival</b> <i>Celestial Hall</i>
9.00am – 9.05am	<b>Welcome and Introductions</b> <i>Lincoln Miles MD of BPP</i>
9.05am – 9.35am	<b>Stress - The Cost and Implications on Your Business</b> Why it cannot be ignored <i>Lincoln Miles MD of BPP</i>
9.35am – 10.05am	<b>Lessons from the Flight Deck</b> <i>Lincoln Miles MD of BPP</i>
10.05am – 10.30am	<b>The Physical Impact of Stress on Your Body</b> – Dietary and Nutrition Advice <i>Andy Barnes MD of Jersey Foodstate</i>
10.30am – 11.00am	<b>Morning Coffee Break</b> <i>Celestial Hall</i>
11.00am – 12noon	<b>Identifying Signs, Symptoms and Causes of Stress in Yourself and in Others</b> <i>Fran Bisson Senior Essential Business Skills Tutor, BPP</i>
	<b>Dealing with Stress &amp; Conflict in the Workplace</b> <i>Fran Bisson Senior Essential Business Skills Tutor, BPP</i>
12noon – 12.30pm	<b>'It's all Sabre Tooth Tigers!'</b> – How you get stressed, why and what to do about it <i>Peter Mac: Cognitive Hypnotherapist</i>
12.30pm – 12.55pm	<b>Tap away to Improve Concentration and Relieve Stress</b> <i>Claire de Gruchy Health Kinesiology</i>
12.55pm – 1.00pm	<b>Questions / Recap</b> <i>Fran Bisson: Senior Essential Business Skills Tutor, BPP</i>
1.00pm – 2.00pm	<b>Healthy Lunch</b> <i>Sirocco Restaurant</i>
1.30pm – 2.00pm	<b>Mindfulness at Work Meditation (optional)</b> <i>Elaine McGoogan: Fully Present</i>
2.00pm – 2.30pm	<b>Is Work a Pain in the Neck?</b> Posture and Office Ergonomics for a Happy Workforce <i>Grant Henderson: Active Chiropractic &amp; Active Ergonomics</i>
2.30pm – 3.00pm	<b>Stress and Pain Relief the Natural Way with Acupressure</b> <i>Lorna Jackson Health Point Clinic</i>
3.00pm – 3.15pm	<b>Tea Break</b> <i>Celestial Hall</i>
3.15pm – 4.10pm	<b>Practical Actions to Apply Tomorrow Morning</b> <i>Fran Bisson Senior Essential Business Skills Tutor, BPP</i>
4.10pm – 4.15pm	<b>Official Close of Workshop</b> <i>Beverley Le Cuirot Founder &amp; Director, WellBeing World</i>
4.15pm – 4.45pm	<b>WellBeing Audit</b> –1-to-1 Questions and Further Information <i>Beverley Le Cuirot Founder &amp; Director, WellBeing World</i>

## To Book Your Place

Please complete the form overleaf.

**Individual tickets are £125 each,**  
or book 4 tickets and get the 5th ticket free (and pay the equivalent of £100 per ticket).  
*To include Morning Coffee on arrival, 2 x Tea/Coffee Breaks, and a Buffet Lunch.*

# About us



**WELLBEING  
AT WORK**  
*Creating positive working environments*

WellBeing World was established by Beverley Le Cuirot in 2011 to promote the Island's wellbeing capability and to facilitate the provision of physical and emotional wellness to people in need. It now represents more than 90 wellbeing service providers, primarily local Channel Island businesses, specialising in a range of health and wellbeing services, including:

- Executive coaching and life counselling
- Healthy work and home environments
- Ergonomics and chiropractic
- Sport and fitness training
- Nutrition
- Complementary therapies and healing
- Health and beauty
- Wellness spas and speciality travel

Through its WellBeing At Work platform, it has created a package of services specifically designed to support HR and other senior managers with their efforts to contain costs, maintain customer service standards, retain talent and manage absence. High levels of psychological wellbeing amongst employees has shown to lead to lower absence levels; attraction and retention of talented people; and more satisfied customers, clients and service users.

The WellBeing At Work approach involves an in-depth review of your work environment and practices, in association with specialists in appropriate fields of expertise. WellBeing World provider services can be used for incentive and reward; to create a healthy work environment (both physical and emotional); to reduce stress and to manage absence.

[www.wellbeingworld.je](http://www.wellbeingworld.je)



**BPP**  
PROFESSIONAL  
EDUCATION

The BPP group of companies is one of Europe's leading providers of undergraduate and postgraduate degrees, professional qualifications, professional development (including Continuing Professional Development) and published learning materials to support professional learning. Formed in 1976, BPP has its roots in accountancy training. In 1993 the BPP Law School was formed and in 2007 was granted degree-awarding powers by the UK's Privy Council. Since then, BPP has grown to embrace exam and non-exam based training for a range of professions, including Finance, Law, Business, and Health.

In 2010 BPP University College became the first UK private sector organisation in over three decades to be recognised as a university college by the UK Government. Today it comprises four schools (BPP Business School, BPP Law School, BPP School of Health, and BPP School of Foundation and English Language Studies); employs around 2,000 staff and is based in over 40 locations worldwide. The BPP School of Health provides the practical skills and knowledge needed for a professional healthcare career.

In Jersey and Guernsey, BPP trains business professionals throughout their careers. Training at BPP begins with professional qualifications such as ICAEW, ACCA, ICOSA, FIA and a variety of investments based programmes, then moving on to post qualification training to meet the CPD requirements of the professional bodies. Business professionals then develop their skills set further with training in Essential Business Skills to manage people, teams and themselves in the professional working environment.

[www.bpp.com/jersey](http://www.bpp.com/jersey)

## Booking Form

### Person Completing this form

Position	Organisation	Tel	Email
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**Attendee Name:** Please provide this information for all attendees

### Special Dietary Requirements

Position	Organisation	Tel	Email
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**Please send your completed form to: WellBeing World, Cape Villa Business Centre, La Rue de la Forge, Grouville, Jersey JE3 9BH with a cheque for full payment made out to 'BPP Jersey'.**

Alternatively, if you require an invoice to raise payment, please send your completed form to secure your place(s) and request we send you an invoice.

**Cheque attached / Please invoice me\***

\*Please delete as appropriate.

Please contact WellBeing World by Wednesday, 31st October to secure your booking.  
For further information please email [beverley@wellbeingworld.je](mailto:beverley@wellbeingworld.je)