



FROMSTRESSTOSUCCESS

A life that works

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TRAINING

- . EMOTIONAL HEALTH
- . RESILIENCE
- . WELLBEING
- . STRESS MANAGEMENT
- . IN-HOUSE COURSES
- . OPEN COURSES

MEDIATION

- . WORKPLACE DISPUTES
- . CONFLICT RESOLUTION
- . PERSONALITY CLASHES
- . ALLEGED DISCRIMINATION
- . WIN-WIN SOLUTIONS
- . SUCCESSFUL IN 1 DAY

SUPPORT

- . ON-SITE THERAPY
- . OFF-SITE THERAPY
- . FAST RESULTS
- . DAILY CLINICS
- . MINIMISE ABSENCES
- . COMPLETE DISCRETION

Put your organisation's Emotional Health in safe hands

*Agresso Software Aviva plc Cardiff Community Housing Association Cardiff Students' Union
Community Housing Cymru Careers Wales Colleges Wales Data Unit Wales Fettes College
General Teaching Council of Wales Harrow School (+600 other schools) Health Solutions Wales
Headmasters' and Headmistresses' Conference Independent Association of Preparatory Schools
Independent Schools' Bursars Association Inexus Utilities Linc Cymru Morgan Cole Solicitors
National Museum of Wales Newydd Housing Association Pembrokeshire College Prince Charles
NHS Trust Royal Bournemouth Hospital Trust The Pituitary Foundation Trinity St Davids College
Vale of Glamorgan Council Velindre Cancer Care Trust Wales Audit Office Welsh Language Board*

You're in good company

