

Wednesday
18 May, 2016

Stress & Well-being management

This course looks at the requirements of water-proofing of wet areas in residential buildings. Common problem areas encountered by builders in the installation of water-proofing will also be discussed.



At this powerful half-day workshop, you will learn simple strategies and techniques that you can apply to lessen stress and improve well-being.

- ❖ What creates stress and tension
- ❖ How to tame your thoughts and manage your emotions
- ❖ How to take control of your life and stop over-committing yourself
- ❖ How to release tension in an instant
- ❖ How to use focus and self-discipline to overcome overwhelm
- ❖ Six simple well-being strategies to manage stress

Most of us aren't prepared to admit that we're not coping. We feel like we're supposed to have a handle on all of the pressures in our lives. We feel like it would be a weakness to own up to feeling overwhelmed.

Acknowledging your feelings (and your "humanness") is not only the first step in dealing with stress, it's also displaying a strength and courage that many people shy away from.

Using interactive, experiential exercises and real-life case studies throughout the program, you'll walk away with your own well-being plan and some proven techniques for lowering stress and reducing your sense of overwhelm.

Did you know that 95% of people suffer from stress and overwhelm?

DATE: Wednesday 18 May, 2016
TIME: 12.00pm – 4.00pm
TRAINER: Dawn Russell - the heartware® group
VENUE: Master Builders, Level 3, 35 - 37 Havelock Street, West Perth
COST:

	<u>Course Fee</u>	<u>Total</u>
MBA Member	\$355.00	\$355.00*
Non-member	\$395.00	\$395.00*

If you require further assistance, please contact Carolyn Fitzgerald, Training & Safety Coordinator on **9441 8000** or email training@mbawa.com

STRESS & WELL-BEING MANAGEMENT
Wednesday 18 May, 2016 12.00pm - 4.00pm

Please Note: This course is subsidised by the Construction Training Fund (CTF) for eligible participants. Master Builders requires participants details be provided as indicated below, otherwise the full fee will apply.

PARTICIPANT DETAILS:

Surname:		First name:	
Date of birth:			
Mobile:		Email:	
Home address:			
Suburb:			Postcode:
Job/Trade title:			
Job description (brief detail):			

EMPLOYER/COMPANY DETAILS:

Master Builders member name:			
Employer/company name:			
Address:			
Suburb:			Postcode:
Contact name:		Email:	
Phone:	Fax:	Mobile:	
Please tick the industry sector in which you work		Commercial <input type="checkbox"/>	Housing <input type="checkbox"/>
		Engineering <input type="checkbox"/>	

PAYMENT & REGISTRATIONS DETAILS

Payment must be received prior to the course date to secure your place & receive your course confirmation.

EMAIL: training@mbawa.com **FAX:** 9476 9881
POST: Master Builders Training Department, P.O. Box 167, West Perth WA 6872

Course Costs	Master Builder member	Non-member
No CTF subsidy applicable for this course	\$355.00 per person	\$395.00 per person

Please note that course costs subject to change. GST included in course cost.

Method of Payment	Cash <input type="checkbox"/> Cheque <input type="checkbox"/> Credit Card <input type="checkbox"/> Money Order <input type="checkbox"/>	Amount: \$
Credit Card Details (please tick):	Bankcard <input type="checkbox"/> MasterCard <input type="checkbox"/> Visa <input type="checkbox"/>	
Card number: _ _ _ _ / _ _ _ _ / _ _ _ _ / _ _ _ _	Expiry date: _ _ / _ _	
Cardholders name:	Signature:	
You <u>must</u> quote your INVOICE NUMBER as the reference when paying by Direct Deposit.		

Cancellation Notice

A refund will not be provided for no shows on the day of the course, or cancellations less than 5 working days prior to the course date. You may, however, substitute another person up to 24 hours prior to the course.

If you require further assistance, please contact Carolyn Fitzgerald, Training & Safety Coordinator on **9441 8000** or email **training@mbawa.com**

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