

**Wednesday**  
**24 February, 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?**

<b>DATE:</b>	Wednesday 24 February, 2016		
<b>TIME:</b>	12.00pm – 4.00pm		
<b>TRAINER:</b>	Dawn Russell - the heartware® group		
<b>VENUE:</b>	Master Builders, Level 3, 35 - 37 Havelock Street, West Perth		
<b>COST:</b>		<u>Course Fee</u>	<u>Total</u>
	MBA Member	\$355.00	<b>\$355.00*</b>
	Non-member	\$395.00	<b>\$395.00*</b>

If you require further assistance, please contact us on **9441 8000** or email **training@mbawa.com**

*\*Prices subject to change. There is no Construction Training Fund applicable for this course. GST included in course cost.*

## STRESS & WELL-BEING MANAGEMENT

**Wednesday 24 February, 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 <u>tick</u> 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

<b>Course Costs</b>	<b>Master Builder member</b>	<b>Non-member</b>
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.*

<b>Method of Payment</b>	Cash <input type="checkbox"/> Cheque <input type="checkbox"/> Credit Card <input type="checkbox"/> Money Order <input type="checkbox"/>	<b>Amount: \$</b>
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 <b>INVOICE NUMBER</b> 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**

To view our Terms & Conditions please visit [www.mbawa.com](http://www.mbawa.com)