LEARN TO GROW

Our Monthly Newsletter



THE MOST WONDERFUL TIME OF THE YEAR OR IS IT?

by Pauline Weddell

Christmas, often perceived as a time of joy and celebration, can paradoxically be a period of significant stress for employees. The end-of-year rush typically brings a surge in workload, with businesses striving to meet year-end targets and deadlines. This increase in professional responsibilities often coincides with personal obligations related to the holiday season, such as shopping for gifts, planning family gatherings, and attending social events. The pressure to balance these demands can lead to heightened stress levels. Moreover, financial pressures are amplified during this period, as the expectations of holiday spending on gifts, travel, and festivities can strain personal budgets.

In addition to the logistical and financial stressors, Christmas can also evoke emotional challenges for employees. The emphasis on family and social gatherings can intensify feelings of loneliness or amplify personal issues for those who are estranged from family or facing personal hardships. The idealized portrayal of the holiday season in media and culture can create unrealistic expectations, leading to feelings of inadequacy or disappointment when reality falls short. Furthermore, the disruption of regular routines due to holidays and closures can affect mental health, particularly for those who rely on structured schedules. Recognising and addressing these multifaceted stressors is crucial for employers to ensure the well-being of their employees during the holiday season.

Managers should proactively implement supportive measures and foster an empathetic work environment to alleviate these pressures.

CHRISTMAS STRESS

TRAINING COURSES FOR 2024



TRAINING WORKSHOPS 2024

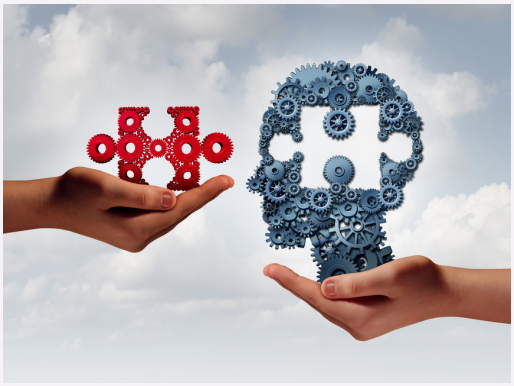
by Pauline Weddell



We have some great new training workshops to add to our existing programme. Below are just some of our new workshops that can be delivered in-house or online.

1-Day workshops

- Advanced Communication Skills
- Team Building
- Supervisory Skills
- Strategic Planning
- Giving Constructive Feedback
- Root Cause Analysis
- Having Difficult Conversations
- Coaching Skills
- Customer Service Training
- Time Management
- Personal Branding
- Facilitation Skills
- Goal Setting



We also have some 2-day workshops.

- Project Management
- Advanced Presentation Skills
- Leadership Skills
- Assertiveness Skills
- Interview Skills

We are also happy to continue to offer our 6-month Management and Leadership programme, Leadership Essentials, which we have now delivered to over 140 leaders across the U.K.

Our newest programme is Called to Lead. This is for managers now required to think and act more strategically. It is delivered over 4-months and covers;

- Strategic Direction
- Strategic Planning
- Strategic Leadership
- Delegation

We've been asked several times to create a programme around becoming more strategically aware, and so we trialled this programme in 2023 and received 97% delegate satisfaction feedback. We are so delighted to be able to offer this programme to a wider audience in 2024.

If you would like more information on our workshops then please do not hesitate to contact us.

Call - 07976 028132

Email - Info@learntogrow.me

or check out our website - www.learntogrow.me

LEARN TO GROW

Because People Matter

www.learntogrow.me

WISHING ALL OUR CLIENTS A VERY MERRY CHRISTMAS & HEALTHY NEW YEAR