



Workplace Training Programme

Red Poppy Company provides a comprehensive range of training courses suited to the demands of the modern workplace including

Stress

- Stress Management for Managers,
- Stress Management for Staff

Well Being

- Managing Anxiety, Panic Attacks and Depression
- Effective Relaxation, Diet and Exercise.
- Health & Well Being Day
- A New Approach for Health & Well Being in the Organisation
- Pre Retirement

Safety in the Workplace

- Managing Workplace Conflict
- Psychological Trauma in the Workplace
- What an Organisation needs to do after a Critical Incident
- Bullying in the Workplace

People Development

- Effective Communication and People Skills
- Assertiveness and Confidence Building
- Team Building
- Managing Change

Red Poppy

- These one day courses meet the most up to date HSE recommendations on how to tackle Work Related Stress (WRS)
- We offer a nationwide service.

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Red Poppy in the Workplace

Red Poppy offer a range of stress and well being services designed for the workplace.

Red Poppy Services include:-

- *Training*
- *Workplace Counselling*
- *Specialist treatment for psychological trauma*
- *Critical incident Debriefing*
- *Expert Witness*
- *Workplace Mediation*
- *Individual Coaching*

Red Poppy has a reputation for being:-

- *Rooted in practice*
- *Getting results*
- *No jargon, No psychobabble*
- *Fit for purpose*
- *Cost effective*
- *Quick*
- *Innovative Approach*
- *"3 sessions with Red Poppy achieved more for me than two and half years of psychotherapy" Employee of a large retail organisation."*
- *"I went from not being able to function to functioning. The Rewind Treatment works like Magic. It took the fear and anxiety away." Client who had experienced a very frightening and traumatic incident.*
- *"A very well structured course taking a fresh look at an old problem". Stress training for managers delegate.*