

WESSEX TRAINING NETWORK

Volume 13

THE BUSINESS LED TRAINING NETWORK

October 03

DO YOU SUFFER FROM STRESS IN THE WORKPLACE?

If the answer to this question is yes then why not come along to our **Stress Busting Workshop** on Thursday 20th November at WACC Offices, Trowbridge when you will have the opportunity to take "time out" in a stress-free and light-hearted, yet very productive environment to recognise, understand and cope with the stresses and strains of daily business life.



The programme will include:



- Welcome/Introduction
- What is Stress?
- Symptoms and Stress Triggers
- Coping Strategies including Assertiveness, Time Management, Problem Solving, Exercise Relaxation

The cost of this workshop is £41.00 and for further details or to book a place, please call Sarah on 01225 355553 or e-mail sarah@wessexchambers.org.uk.

DIARY DATES 2003

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| Weds 15 Oct | Sharing Best Practice at Exel in Swindon |
| Weds 22 Oct | Steering Group Meeting with Guest Speaker Jill Annal of Job Centre Plus at WACC Offices, Trowbridge |
| Fri 7 Nov | Employer Training Awards, Swindon |
| Weds 26 Nov | Site Visit and the Sharing of Best Practice at Swindon Pressings |

AVON VALE TRAINING (AVT)

AVT offer a wide range of training, predominantly to the engineering and manufacturing industry, from Modern Apprenticeship programmes and National Vocational Qualifications, to numerous health and safety courses.

October sees AVT relocating to Chippenham after 30 years in Trowbridge. The move will be the end of an era, but the new facilities will offer office space, two training rooms (providing an IT suite and CAD/CAM machinery for our apprentices to use, as well as a large room for health and safety open courses) and plenty of on-site parking.

AVT are also involved in the Jaguar F1 in Schools Design Challenge (www.f1inschools.co.uk), aimed at encouraging young people into the engineering industry by designing and manufacturing model F1 cars. AVT have various manufacturing and testing equipment which can be loaned out, free of charge, to schools and organisations taking part in the challenge.

For further information on services and courses that AVT offer, please call 0870 7504 008, e-mail info@avonvale.co.uk or visit the website at www.avonvale.co.uk.



Pictured above are Avon Vale Training's new offices in Chippenham, which will be open from the beginning of October. The full contact details are:

**Avon Vale Training Ltd, Avon Vale House,
Cocklebury Road, Chippenham. SN15 3QH
Tel: 01249 661199 Fax: 01249 661190**

