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Course Title	Date	Time	Price (excl. tax)
Dealing with Exam Stress	4 Oct	12:00 - 13:30	£30.00
Understanding Burnout	23 Oct	12:00 - 13:30	£30.00
Stress Identification & Stress Management	6 Nov	12:00 - 13:30	£30.00
Imposter Syndrome	21 Nov	12:00 - 13:30	£30.00
Circle of Control	27 Nov	12:00 - 13:30	£30.00

**Lunch Included**



Isle Listen aims to reduce the mental health stigma by providing awareness training so you can manage your mental health positively and also help others. Our experienced trainers will provide you with techniques, strategies to assist you along with a toolkit. We provide free therapy with our qualified and registered therapists up to the age of 25 years. We aim to allocate you an appointment within two weeks of receiving a referral. A referral can be accepted by yourself, parent, teacher or GP and is therefore very accessible.

For more information please contact Isle Listen 679118 or [islelisten.im](http://islelisten.im)

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For more details contact MPES on 668101  
or [enquiries@mpes.co.uk](mailto:enquiries@mpes.co.uk)  
[www.mpes.co.uk](http://www.mpes.co.uk)



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Lunch and learn sessions to best equip you with everyday stresses for work, study and home.

#### **Circle of Control**

- Understand what resilience is and your own levels
- Reflect on your own self-audit
- Apply the Circle of Control to your life
- How to build a growth mindset
- Positive steps to improve your mental health wellbeing

#### **Exam Stress**

- Good stress vs. bad stress
- Importance of sleep
- Time management
- Memory - Taking short to long
- Practical skills to manage pressure

#### **Understanding Burnout**

- What burnout is
- Helpful and unhelpful stress
- Stages of burnout
- Burnout recovery
- Building a prevention toolkit

#### **Stress Identification and Stress Management**

- What is stress
- Helpful vs. unhelpful stress
- Common stress triggers
- Chemical reactions to stress
- Physical and emotional responses to stress
- Reducing your stress and managing your wellbeing

#### **Imposter Syndrome**

- What is imposter syndrome
- Understand possible causes / risk factors
- Characteristics of imposter syndrome
- Recognising the different "characters"
- Understanding the impact
- Overcoming imposter syndrome
- Supporting others
- Self reflection

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## Student Details

First Name

Last Name

Preferred E-mail

Preferred Phone

## Company/Invoice Details

*Please complete the below section in full if your employer is paying for your course and only complete the address section if you are paying for the course yourself*

Company Name

Invoice Address

Contact name

Contact E-Mail

Contact Phone

Authorisation Signature

Authoriser Position

## Isle Listen Course Details

Course Title	Please tick for attendance
Circle of Control	
Stress Identification & Stress Management	
Dealing with Exam Stress	
Understanding Burnout	
Imposter Syndrome	

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