

MANAGING STRESS AS A PRISON OFFICER


**Practical tools for staying well in a demanding role
Free online workshop exclusively for POA members**

WHAT YOU'LL GAIN


- ✓ Techniques to manage stress during and after shifts
- ✓ Practical ways to manage pressures
- ✓ How to recognise your personal stress triggers
- ✓ Steps to take control and maintain your wellbeing

WORKSHOP DETAILS

 **Thursday 12th March 2026**

 **19:30 – 21:00**

 **Online workshop**

 **Confidential and supportive space**

DELIVERED BY

Dr Joanne Forsyth – Researcher in prison officer wellbeing

RESERVE YOUR PLACE NOW

Limited spaces available

Click [here](#) or scan the QR code below to reserve your place



FUNDED BY

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