



AS A MANAGER/SUPERVISOR, YOU ARE JUGGLING WORKLOAD DEMANDS AND OTHER CHALLENGES EVERY DAY

If you are looking for ways to assist in the management of operational challenges,

**We invite you to attend a one hour presentation,
conducted by our new EAP provider,
Corporate Health Group.**



The session will assist you to identify sources of stress and frustration in your day to day work.

You will leave with some practical self-help strategies and EAP resources.

Session details:

Date	Campus	Time	Room
Tuesday 18 August 2009	Waite Campus	1300 – 1400 hrs	Charles Hawker Conference Room
Wednesday 19 August 2009	Roseworthy Campus	1300 – 1400 hrs	Richardson Lecture Theatre
Thursday 20 August 2009	North Tce Campus	1300 – 1400 hrs	Council Room, (L7 Wills Building)

RSVP by 14/8/09

To assist us to determine numbers, it would be appreciated if you could confirm your attendance by email to Louise Dunn, HSW Specialist, Injury Management & Wellbeing (louise.dunn@adelaide.edu.au).

Further Information

Should you require any further information, please contact **Louise on 8303 5904.**