

# BTA | CARES SCHEDULE OF EVENTS

WEDNESDAY 7TH OCTOBER  
4PM

MONDAY 12TH OCTOBER  
4PM

WEDNESDAY 14TH OCTOBER  
4PM

WEDNESDAY 21ST OCTOBER  
4PM

MONDAY 26TH OCTOBER  
4PM

WEDNESDAY 28TH OCTOBER  
4PM

## JOB SUPPORT SCHEME

FOLLOWING THE GOVERNMENT'S ANNOUNCEMENT OF THE JOB SUPPORT SCHEME WHICH LAUNCHES ON NOVEMBER 1, WE ARE PLEASED TO BE JOINED ONCE AGAIN BY AMI NARU, PARTNER AND HEAD OF EMPLOYMENT AT TRAVLAW TO TALK US THROUGH THIS NEW SCHEME. THIS SESSION WILL BE AN OPPORTUNITY FOR YOU TO HEAR HOW THE NEW SCHEME WILL WORK AND HOW IT IMPACTS YOU AS AN EMPLOYER OR EMPLOYEE. THERE WILL BE PLENTY OF OPPORTUNITY FOR YOUR QUESTIONS TO BE ANSWERED.

## IT'S GOOD TO TALK

BEING FURLOUGHED, MADE REDUNDANT OR FACING REDUNDANCY CAN BE AN ISOLATING EXPERIENCE. COME AND JOIN PENNY WORTHY FOR A SPECIAL SOCIAL 'GET TOGETHER' FOR ANYONE FINDING THEMSELVES IN THIS POSITION TO SHARE TIPS, SUCCESSES AND KEEP IN TOUCH. BTA WILL NOT BE IN ATTENDANCE AND WHAT HAPPENS ON THE CALL, STAYS ON THE CALL!

## THREE STEPS TO MANAGE MODERN DAY STRESS

SOME STRESS IN LIFE IS BENEFICIAL. EVERYONE NEEDS SOME 'HEALTHY' STRESS IN LIFE TO ENHANCE PERFORMANCE AND DRIVE BUT ONCE IT TIPS OVER INTO ANXIETY AND OVERWHELM THEN HELP IS NEEDED. THE STRESS MANAGEMENT WORKSHOP HAS BEEN DESIGNED TO GIVE PARTICIPANTS REAL INSIGHT INTO THEIR OWN STRESS TRIGGERS AND ARM THEM WITH TRIED AND TESTED TOOLS AND TECHNIQUES TO MANAGE STRESS. THESE TECHNIQUES HELP CONTROL AND REDUCE ANXIETY AND OVERWHELM AND RESTORE CONFIDENCE.

## HOW WAS YOUR LOCKDOWN?

STORIES FROM ME, WOO WOO, TRAINERS AND ALL!

WE ARE DELIGHTED THAT WE ARE ONCE AGAIN BEING JOINED BY JO REDMAN WHO WILL SHARE SOME IDEAS AND SUGGESTIONS FOR COPING AND LOOKING AFTER OURSELVES (MENTALLY AND PHYSICALLY) AS WE LOOK TO WINTER MONTHS, FURTHER LOCKDOWN ITERATIONS AND GENERAL UNCERTAINTY

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TBC