



Guernsey Occupational Safety & Health Association – www.gosha.org.uk

**Open Meeting
La Trelade Hotel
on
Thursday 19th June 2008
at 1830hrs**

Stress in the Workplace

by Chris Parrack

Chris Parrack is a Chartered Occupational Psychologist specialising in Workplace Health and Well-being. His company 'Psychology at Work' delivers services that both monitor and manage cross-organisational stress levels, as well as Rehabilitate individuals returning to work after stress related illnesses. Chris's talk will examine what is meant by the term 'stress', it's causes, and how it impacts both the individual and the workplace. Different types of stressors will be identified, and how people react to these will be discussed. Chris will outline the steps available to organisations in keeping a check on organisational stress levels, as well as what individuals can be doing to reduce tension in the ever-increasingly demanding workplace.

Tickets for the open meeting will cost £13.50 for members, £19.50 for non-members which is inclusive of the cost of the meal.

Remittance should be sent with the reply slip below.

Those wishing to join GOSHA can send their remittance with this return slip and pay at the member rate – membership applications can be downloaded from www.gosha.org.uk.

Cheques to be made payable to 'GOSHA'.

Please reply to

Jonathan Coyde, Secretary, GOSHA ,
Normandie House, Rue a Chien, St Sampson's, GY2 4AE



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Reply Slip for 19th June 2008

Please highlight your choice of food:

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Roasted pork loin accompanied crackling, stuffing, apple sauce and thyme jus

Poached chicken breast filled with mushrooms and grain mustard cream sauce

Pan fried skate wing of the bone set on a bed of ratatouille and salsa Verdi

Oven baked fresh water trout served with lemon, parsley butter sauce

Penne pasta passato with basil, tomato sauce and buffalo mozzarella

All mains served with vegetables of the season

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Home made profiteroles with hot chocolate sauce

Fresh fruit salad with Guernsey whipping cream

Chocolate caramel parfait with tiramisu ice cream

- Yes will be attending (please indicate number and give names if possible)
- No, I cannot attend but would like to receive information on future events
- I would like to join GOSHA, cheque enclosed, (£35 individual, £100 Corporate, Registered Charities free)

Name(s) of attendee(s).....

Address.....

Email address.....

I enclose a cheque in the sum of £ payable to GOSHA

**Please return to Jonathan Coyde, Secretary, GOSHA ,
Normandie House, Rue a Chien, St Sampson's, GY2 4AE**