

THE MINISTRY OF THE PUBLIC SERVICE

LEARNING AND DEVELOPMENT DIRECTORATE

invites you to participate in a face-to-face workshop

C.A.R.E MASTERCLASS

STRATEGIES FOR MENTAL FITNESS



March 7, 14, 21 & 28 (8:45a.m.-4:15p.m.)

One day a week for four (4) weeks



TARGET GROUP

Public Officers who are Senior Managers within the salary scale S2- S9



For further information, email

Fay-Ann Jordan at

Fay-Ann.Jordan@mps.gov.bb



Learning and Development Directorate
Warrens Towers II
Warrens, St. Michael
Level 5
Room 501



Click on the “Apply Now” button to complete the application for the course

Deadline for Nominations
February 10, 2025

Only suitable applications that include a valid public service email address will be considered for the training.



CONTENT

The workshop will cover the following areas:

Constructive Communication: *Learn active listening skills, nonverbal communication, and self-talk modalities.*

Achievement Motivation: *Discover how to get motivated quicker, techniques for better focus, how to overcome obstacles and stay motivated.*

Relationship Development: *Build trust, empathy and foster positive working relationships.*

Effective Planning: *Develop new problem-solving skills. Learn how to prioritize tasks, manage time efficiently, and goal setting-strategies as a means of achieving desired outcomes.*