



Association
of Electoral
Administrators

*in*equilibrium
Training & consultancy to enhance wellbeing

Preparing for the UK Parliamentary general election: Strategies for resilience and wellbeing



This two-hour virtual free course will equip you with practical tools and techniques to help you prioritise your wellbeing while you deliver the UK Parliamentary general election (UKPGE).

Through interactive discussions and activities, you will develop a deeper understanding of stress management, resilience building and practical self-care strategies.

Who is this course for?

We are running this course free of charge to all AEA members.

Course overview

Introduction to high-pressure environments - the importance of planning, identifying support sources, managing pressure, reducing stress risk, and building resilience.

Understanding stress reactions - identifying how we and others react when under pressure, including barriers to asking for and offering support. Generating ideas for helping and coping strategies.

Developing strategies to boost mental health and productivity - actions we can take to manage reactions and stress. What can we control, what can we let go, what can we do?

Protecting yourself during difficult conversations - strategies for maintaining boundaries and managing emotions during challenging interactions.

Refilling your battery - self-care practices to replenish physical and mental energy.

Conclusion and Q&A - recap of key takeaways and opportunity to ask questions and share insights.

Course delivery

Facilitated in a relaxed, inclusive and supportive manner, course content and advice will be tailored to take into account the practicalities and immovable deadlines around running a UKPGE.

Dates and times

Tuesday 14 May Wednesday 15 May Monday 20 May Wednesday 22 May Friday 24 May Tuesday 28 May Wednesday 29 May Thursday 30 May	Monday 3 June Tuesday 4 June Friday 7 June Tuesday 11 June Wednesday 12 June Thursday 13 June	Courses will run on each date from 10:00 to 12:00 or 14:00 to 16:00 More dates will be added if necessary
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Booking

To book your free place [please complete the online booking form.](#)

Terms and conditions

Members from the same local authority will not be allocated to the same session.

If you cannot attend your session, another AEA member may attend in your place.

If you have other people in your team who would benefit from attending but who are not AEA members, [an annual membership costs just £47.50 +VAT.](#)

Each workshop will run on MS Teams and you will be encouraged to have your camera on during training.

If you have any connectivity concerns, please email training@aea-elections.co.uk to arrange a pre-course test.

www.aea-elections.co.uk

The Association of Electoral Administrators

A company limited by guarantee – registered in the England and Wales, number 2406897

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