



A MAIDENHEAD recruiter and business performance specialist have joined forces to provide a free workshop to help companies and individuals weather the redundancy storm.

With Maidenhead reeling from unemployment figures soaring to more than 1,000 for the first time in almost 12 years, the duo who got to know each other at Refer-On networking decided their combined expertise could make a difference to shocked job seekers or companies considering shrinking their workforce.

Aimed at removing stress and supplying techniques to develop resilience, Steve Sharpley (pictured left) who runs Xcell Dynamics has planned two workshops at Select Appointments offices in Queen Street, Maidenhead.

There will be specialist guidance from Steve Sharpley who has unique ways of coping with crisis based on research for his masters degree and work with multi-nationals. His workshop is based on his Success is a Mindgame presentations.

He said: "We want to help them make the whole redundancy process less stressful and more creative. Some people might offer outplacement support which is helpful, but, if you are not in the right frame of mind to be able to take advantage of that, it is of limited

value. In my workshop I tell people how to adjust to this new reality and continue to be at their best even in that difficult situation. This means that when they have an interview they can make a good impression and will feel confident.

"The workshop will also be helpful for people who are still at work and coping with an increased workload due to people being made redundant and will also assist businesses who are contemplating changes."

The workshop will cover many aspects of staff wellbeing, stress and redundancy. Richard Barker (pictured right) plans to invite existing candidates to explore how they can make the best use of their time after losing their jobs. He has many practical tips on offer including a comprehensive guide on writing a good CV and interview suggestions.

Richard Barker said: "I am sure people will find this workshop useful and recognise that we are doing everything we can to help individuals during this difficult time.

We are two businesses which have recognised that we have expertise to offer as a shared experience."

Steve added: "I help people to tap into their own natural resilience so that they can cope with the situation more effectively."

Places are limited for the two-hour workshops on Thursday, March 5, and Saturday, March 14. Call Select Appointments at 01628-778436 for further details.

■ A big turnout is expected for a major event spelling out the economic future titled *Recession to Recovery* featuring top economist David Fenton from the Royal Bank of Scotland Group at the Vere Suite at Adams Park, High Wycombe, on March 12.

A similar evening event last year organised by Thames Valley business advisers at Seymour Taylor Accountants was overflowing and this year's is expected to attract equal attention from businesses eager to hear what Mr Fenton has to say.

