



# Personal Resilience and Well-Being

How to have a better life  
as a Cyber Investigator



# One Day Workshop – In Person

## February 8th 2023

### Leicester Marriot Hotel

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**This one-day workshop is packed with practical frameworks and tools to help the Cyber Investigator enhance their well-being and personal resilience, based on the most up to date research.**

By the end of the workshop, you will be able to;

- Understand your current position regarding your own well-being and personal resilience
- Develop a personal action plan for continuous improvement in this area
- Understand the importance of connecting to peer networks and begin to develop your own confidential supporting network

#### **Who is this for?**

The workshop is for existing cyber investigators, as well as line managers and leaders of cyber investigation teams. The day will also benefit Human Resource professionals and business partners who have a responsibility in developing well-being strategies and policies to support cyber investigators.

#### **Who are your Facilitators?**

The day will be led by;

**Carol Brooks BSc Psychology MSc Organisational Psychology, Cyber and Business Psychologist**

Carol works with Cyber Investigators to understand the nature of decision-making, and the psychology of what it means to be in the cyber investigator role, and the psychological risks this can present. She is an elected and active member of the British Psychological Society Cyberpsychology section

**Sean Riley MSc MBPsS C.Psychol**

Sean is a Chartered Occupational and Business Psychologist, specialising in psychological diagnostics, well-being, resilience, and productivity in the workplace. He has designed and implemented developmental and change programmes in a multitude of cross-cultural, global settings

#### **How to reserve a place?**

You can reserve a place by emailing a request to [info@platinum3p.co.uk](mailto:info@platinum3p.co.uk)

#### **What's the cost?**

The cost is £275 + VAT per person. This includes refreshments and lunch during the day and all workshop materials. Carol and/or Sean will also be available for a 60 minute remote one-to-one session with delegates up to 30th April 2023 to support people progressing their action plans.

Platinum 

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