

Tack Room Talks

Duration: 20 Minutes Location: Face-to-face within a normal working day

- Informal session delivered to as many people as possible during delivery window.
- This will include a whistle-stop tour of our facilitators lived experience story, a background on the stats within horse racing and how people can get help if they feel their gambling is becoming an issue.
- Signposting cards will be given to all staff to ensure they have access to the information given during the session. This will detail how they can manage their gambling, signposting to where help can be found, alongside links to the EPIC website.

Gambling Awareness Education

Duration: 60 Minutes

- Personal story from an ex-sports professional from EPIC Global Solutions.
- Gambling Spectrum and how behaviours change depending on gambling relationship
- How mental health and performance can be affected through gambling, as well as relationships with others around you.
- Identifying the signs of harm in colleagues and how have a positive conversation
- Session recap and signposting
- Q&A

“We were delighted to have EPIC Global Solutions and Mark visit our stables to speak with our staff. It was an amazing hour, alarming yes, but informative, educational, and very very interesting. This was such a great workshop, so much so, that our staff are still talking about it, and we look forward to welcoming Mark back in the winter to educate the wider staff team.”

Anna Lisa Balding, Park House Stables - Kingsclere



Book Your Session

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