

Manging Wellbeing Conversations

Depression rates amongst adults have more than doubled in the UK since the pandemic. The cost of mental health related illness has risen to a record high of £56 billion per annum making staff wellbeing the highest priority. Your managers are at the forefront of this hidden crisis and this workshop will give them the skills and confidence to provide support where it is needed.

For every £1 invested in mental wellbeing training, there is a ROI of £5.30 (Deloitte 2022)

Description

This workshop is designed to support managers to create a culture that recognises and supports members of staff who may be suffering from high anxiety, depression or other mental health issues. We will look at techniques to support recovery via a coaching style of leadership.

However, those managers who offer support to staff in these areas are often exposed to dealing with difficult emotions and to hearing some difficult issues. So, in this workshop, we will also look at how to protect yourself from internalising other peoples' issues.

Content

- Creating an open culture around mental wellbeing
- Managing a wellbeing meeting
- W.R.A.P. (supporting recovery from poor mental wellbeing)
- Dealing with difficult/negative people
- Become a coaching manager
- Motivation



Benefits

Delegates will

- Understand how to create an open culture around mental wellbeing
- Understand the two types of wellbeing conversation and how to manage them
- Understand how to use a health care tool designed to encourage and support recovery
- Understand how to be a coaching manager through the use of the G.R.O.W. coaching method
- Be able to create a motivating environment in which staff will thrive
- Be able to deal with negativity in a supportive manner

Results

Managers will:

- Have the knowledge and confidence to facilitate wellbeing conversations
- Have the ability to maintain their own wellbeing whilst supporting others
- Understand different methodologies for supporting wellbeing including C.A.R.E, G.R.O.W and W.R.A.P
- Understand their own motivators and be able to create a motivating environment.



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STRENGTH THROUGH UNDERSTANDING