



Developing Well-being in the Workplace

Workshops for all employees and people in leadership roles

The psychological well-being of you and your coworkers is crucial for a successful organisation. This programme will assist participants in learning how to protect their mental health at work. It also provides a practical method for helping leaders build settings that actively promote positive well-being and feel confident in their abilities to support the mental health of their teams.

Within the developing well-being in the workplace programme, there are two separate workshops:

SUPPORTING YOUR WELL-BEING IN THE WORKPLACE

Whether your home life is impacting your work or your work is affecting your personal life, having a strong sense of well-being is important. Often we are so busy managing home and work demands that we ignore the signs that our well-being is suffering. This session has been designed to give you time to explore your current well-being, recognise your personal warning signals and develop strategies to support your well-being. We examine our emotional reactions and develop specific strategies by integrating psychological theory into practices to manage emotional regulation.

SUPPORTING YOUR TEAM'S WELL-BEING

When leading people, you are just as responsible for your teams' well-being as you are for their productivity. Within this session, we work to increase leaders' emotional intelligence to recognise the discreet warning signals, exploring the range of emotional responses that can be found in team members struggling with their well-being. We work with you to develop strategies to have supportive conversations around well-being and how to confidently deal with worrying disclosures.