

Building Your Team's Resilience & Mental Wellbeing

Aim

Our emotional wellbeing is vital and has come into sharper focus over recent times and changes. As well as the need to maintain your own emotional wellbeing, you need to maintain that of your teams.

Your team's resilience is crucial to the continuation of services. Understanding the risks around homeworking, social isolation, uncertainty, possible redeployment, a different working environment and/or patterns and changing personal circumstances is key to taking the correct action to support your teams effectively.

Outline

The key areas covered will include:

- Your leadership style and tone of communications with your team
- Help for yourself
- Impact on team members, particularly those with existing mental wellbeing/health issues
- Signposting to support
- Useful tools for a good quality wellbeing conversation
- Your policies, mental wellbeing/stress/attendance

Outcomes

This webinar will cover strategies and how to apply tools and policies, to maintain the mental wellbeing of your teams, which are vital to their health and performance.

Duration

60 to 75 minutes

Delivery Approach

Online interactive bitesize session via MSTEams

Audience

Leaders and Managers

Delegates

Up to 12 delegates per session

Investment

WME Member :
£350 + VAT

Non-WME Members:
£420 + VAT

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