

Wellbeing Conversations: Managing mental wellbeing in the workplace

Aim

The positive effect of mental wellbeing and the negative impact of poor mental wellbeing on employees and organisations is now widely acknowledged as is the importance of good quality wellbeing conversations to underpin the effective management of employees.

This practical and engaging virtual interactive webinar which will help delegates to develop skills for managing employee mental wellbeing safely and effectively for optimum performance.

Good quality wellbeing conversations are key to managing mental wellbeing and performance.

Outline

The key areas covered will include:

- Understanding mental wellbeing and gain an overview of mild to severe mental health conditions.
- Identify the sources, causes and warning signs of poor mental wellbeing and understand their impact on performance.
- Understand the business case for why organisations should invest in employee wellbeing.
- Understand their legal role and duty of care for managing mental health at work and use the organisation's policies and procedures relating to it.
- Use good questioning and listening skills to have good quality wellbeing conversation.

Outcomes

Delegates will have more confidence in holding conversations with their employees to support their mental wellbeing and to effectively signpost employees to sources of support and actively encourage them to use them.

Duration

4 hours with breaks

Delivery Approach

Online interactive session via MSTEams

Audience

Leaders and Managers

Delegates

Up to 12 delegates per session

Investment

WME Member:

£650 + VAT

Non-WME Members:

£780 + VAT

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