

MAINTAINING WELLBEING

1 DAY COURSE

Today's workplace presents many challenges for leaders and managers, who are required to navigate their teams through ongoing change and ever-increasing workloads and demands from both internal and external clients.

This course equips leaders to proactively build their own resilience while helping employees adapt and maintain wellbeing in the face of adversity, not only to reduce tension and stress but also to empower and motivate people to perform at their best.

This course supports the development of the following core competencies:

Self development

Personal learning

Problem solving

Motivating others

This course is suitable for team leaders, supervisors and managers wanting to build resilient teams with healthy habits and relationships while continuing to develop their own resilience and stress management techniques.

LEARNING OUTCOMES

- Define and identify what stress and resilience are for you.
- Understand how your moods impact your team and how others perceive your leadership skills.
- Use control mechanisms to increase personal effectiveness and build resilience within your team.
- Work with your team to build a resilience plan that uses stress as a motivational tool.

TOPICS COVERED IN THIS COURSE

What are stress and resilience?

Understand the definitions and reflect on the way you think about stress.

Managing emotions

Understand how a leader's mood impacts results and monitor emotions as a way of guiding your actions and decisions.

The circle of concern and influence

Learn how to separate the things you tend to be concerned about but have no direct control over.

Life outlook and coping with events

You may not have control of the event, but you have control of yourself, and understanding this is key to maintaining wellbeing.

The impact of emotions at work

Understand the impacts of positive and negative emotions on the service climate and revenue.

Sources of stress

Recognise internal and external stress triggers and learn how some kinds of stress can be used as a positive motivational tool.

Managing stress and change

Develop awareness of your personal stress responses and learn strategies to support your team and overcome resistance.

Effective ways to build team resilience

Practical strategies to prevent disengagement and build team resilience that supports employee wellbeing.

Develop your Team Wellbeing Plan

Identify how you can use your team's strengths to help them build resilience, develop healthy habits and relationships, and maintain wellbeing back at work.