

Wellbeing

AIMS

To understand the importance of wellbeing in the work environment

DURATION

Half Day Course (3 Hours)

LEARNING OUTCOMES

By the end of this course you will:

- Recognise importance of wellbeing
- Be aware of relevant legislation
- Understand the impact of stress and burnout
- Be aware of how to support good mental health
- Be aware of ways to reduce conflict
- Understand how to communicate positively
- Recognise the value of a positive mindset

LESSONS AND TOPICS

Wellbeing

- What is wellbeing?
- The importance of wellbeing?
- Productivity

Legislation

- Health & Safety at Work Act
- Equality Act
- Data Protection Act / GDPR

Stress and Burnout

- What is stress?
- What is burnout?
- Tips for reducing stress
- Stress test

Supporting Mental Health

- What is good mental health
- The impact of poor mental health
- Tips for maintaining good mental health

Improving Wellbeing

- Ways to improve wellbeing
- Positive mindset
- Rewards
- Resolving conflict
- Positive communication



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