

Having Sensitive Wellbeing Conversations with your Team during COVID-19

The COVID-19 outbreak means that many people are working in unusual arrangements, and experiencing new challenges both professionally and personally. This course aims to give managers the tools to hold sensitive wellbeing conversations in this uncertain environment.

Course Brief

This short, practical course explores some of the issues impacting upon the wellbeing of managers and their team members during the COVID-19 outbreak. It outlines helpful skills and tips to support managers to hold sensitive conversations with team members who may be struggling, whilst being aware of and looking after their own wellbeing.

The COVID-19 outbreak means that many people are working in unusual arrangements. There may be uncertainty and concerns from team members and from yourself. As the lockdown restrictions change, this may mean ongoing or different stresses and pressures - on yourself as a manager, and on your team.

This course assumes that learners have a baseline understanding of mental health.

Objectives:

- To acknowledge some of the effects of COVID-19 on our own and team members' lives, and the impact on our everyday work and routines
- To understand the manager's role in supporting, and facilitating supportive conversations for, the staff they are responsible for managing
- To help managers to identify the signs that a team member is struggling
- To provide skills and tips for holding sensitive conversations with staff who are struggling, using compassionate and active listening skills
- To acknowledge, and give an understanding of, what we can and cannot control
- To promote access to support and helpful signposting
- To explore the limitations of a manager's responsibility and setting healthy boundaries
- To explain and promote the importance of self care and looking after your own wellbeing

Training is delivered in a relaxed and interactive manner, with virtual breakout rooms and opportunities for questions and discussion.

Delivery Options

Course Length: 2 hours delivery, plus 15 minutes for one-to-one questions

Maximum Delegate Numbers: 12

Setup Requirements: Internet connection, sound, and video.

Delivery Mode: Online delivery, via Zoom or Microsoft Teams

Course Fees: please contact training@bristolmind.org.uk for a quote.