

Supporting our own and each other's wellbeing during COVID-19

COVID-19 has created a lot of uncertainty across the country, and this is impacting our professional and personal lives in a myriad of ways. This course will equip learners with the skills and understanding to support their own wellbeing, and that of the people around them, during the pandemic.

Course Brief

This short workshop helps anyone wanting to build their understanding of wellbeing, especially in relation to COVID-19, to feel confident opening conversations with someone they think might be struggling.

The course is suitable for anyone over the age of eighteen, whether in a small start-up business, an established enterprise or organisation, or the voluntary sector.

Objectives:

- To raise general awareness about wellbeing, to enable learners to better respond to their own and to others' needs
- To identify key factors that can negatively impact on wellbeing, and to understand the differing ways and degrees by which COVID-19 is affecting our lives
- To understand how these factors might present in someone who is struggling
- To learn about factors to consider when having conversations about wellbeing with someone you have concerns for, including boundaries and safeguarding
- To promote access to support and helpful signposting
- To build confidence in opening conversations, to sensitively respond to a person in distress
- To explain and promote the importance of self-care and looking after our 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 15 minutes

Maximum Delegate Numbers: 12

Setup Requirements: Internet connection, sound, and video

Delivery Mode: Online delivery, via Zoom

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