

Redundancy Toolkit - Supporting Remaining Staff

This sensitive and interactive course explores redundancy and supports those employees who remain and impacted by redundancies in their organisation.

Course Brief

Employees will gain an understanding of the psychological impact of “surviving” redundancy. Areas include unpacking feelings of guilt, fear, and sadness, and how to work through these emotions. Looking at workplace stress for both remote working and on-site working, employees will learn a framework for managing stress, handling uncertainty, and tools to build a positive, focused, and more productive mindset. Delegates will take away a helpful Redundancy Toolkit. This course is for employees, managers, and HR people.

Objectives:

- To explore the 5 stages of shock and ‘surviving redundancy grief’, and how to work through these stages.
- To explain how to spot the signs of negative stress early and acknowledge personal triggers.
- To promote a simple framework for managing stress and the coping strategies that can help.
- To explain the 5 pillars of psychological resilience and how these can be adapted to everyday habits.
- To provide learners with the steps to build a positive mindset and set up a plan for self-care.

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

Delivery Options

Course Length: 2 hours

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.