



## Target Audience

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Managers who are supporting staff teams at different levels in a variety of roles and settings across housing, health and social care.

**This course is delivered using a range of methods and resources including:**

- ◆ Live tutor facilitation, interactive polls, questionnaires, drawing tools, videos, and scenarios for breakout groups, questioning and participation and an end of session assessment.

**This course has been developed and mapped to current occupational standards, qualification frameworks and the following documents and resources:**

- ◆ Department of Health and Social Care – health and wellbeing of the adult social care workforce
- ◆ Skills for Care – Building your own resilience, health, and wellbeing
- ◆ HSE - Work-related stress and how to tackle it

## Course Content

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- ◆ Current legislation and initiatives to support Mental Health and Wellbeing
- ◆ Your role in identifying where and when support is needed
- ◆ Promoting a positive workplace culture
- ◆ Contributing to organisational systems which are mental health and wellbeing ready
- ◆ Planning actions for improving mental health and wellbeing in the workplace

## Learning Outcomes

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**After attending this course, learners will be able to:**

- ◆ List current legislation and initiatives to support Mental Health and Wellbeing
- ◆ State your role in identifying where and when support is needed
- ◆ Give an example of how you can promote a positive workplace culture
- ◆ Describe how to contribute to organisational systems which are mental health and wellbeing ready
- ◆ Action plan for improving mental health and wellbeing in the workplace

**Duration: 3 Hours**