



Target Audience

Managers, Housing and Support teams, including Team Leaders, Deputy Managers who supporting staff teams in a variety of roles and settings.

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:

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

Course Content

- ◆ Acknowledging own mental health and wellbeing
- ◆ Identifying staff who may need immediate support
- ◆ Creating a culture of wellbeing promotion
- ◆ Support for mental health and wellbeing
- ◆ Peer-led initiatives
- ◆ Practice conversations
- ◆ Key steps to support mental health
- ◆ Resilience and why it matters
- ◆ Benefits of building a team's resilience
- ◆ Identifying workplace pressure and when is it a problem
- ◆ Strategies to cope with in-the-moment and long term pressure
- ◆ Personal development to build own and team members resilience, health & wellbeing

Learning Outcomes

After attending this course, learners will be able to:

- ◆ Acknowledging own mental health and wellbeing
- ◆ State how to identify staff who may need immediate support
- ◆ Describe how to create a culture of wellbeing promotion
- ◆ List source of support for mental health and wellbeing
- ◆ Describe what could be peer-led initiatives
- ◆ Give an overview of the benefits of practice conversations
- ◆ List key steps to support mental health
- ◆ State what is resilience and why it matters
- ◆ List the benefits of building a team's resilience
- ◆ Identifying workplace pressure and when is it a problem
- ◆ Give an example of strategies to cope with in-the-moment and long term pressure
- ◆ Complete a personal development to build own and team members resilience, health & wellbeing

Duration: 6 Hours