

Manager Wellbeing Journey

Session	Session 1	Session 2	Session 3	Session 4
Duration	2 hours	2 hours	2 hours	2 hours
Theme	Introducing Workplace Wellbeing	Prevention	Early Intervention	Support
Session aims	<ul style="list-style-type: none"> Understanding mental wellbeing & its impact on mental health Understanding our role as managers in workplace wellbeing Recognising the key drivers of mental wellbeing at work Understanding stress & stress triggers 	<p>Exploring our role as a line manager in creating a culture that promotes wellbeing through:</p> <ul style="list-style-type: none"> Leading by example Challenging stigma & normalising mental health Being alert to & tackling work stress triggers Offering Wellness Action Plans Understanding the importance of looking after own wellbeing & having support 	<p>Exploring our role as a line manager in early intervention by creating an open & supportive environment that promotes wellbeing through:</p> <ul style="list-style-type: none"> Recognising the signs & symptoms of stress & low mental wellbeing Regularly checking in with your team & having wellbeing conversations Understanding the importance of looking after your own wellbeing, having support & supporting each other 	<p>Exploring our role as a line manager in supporting those experiencing a mental health problem through:</p> <ul style="list-style-type: none"> Signposting & encouraging support seeking Making reasonable adjustments Supporting the return to work Understanding the importance of looking after your own wellbeing, having support & supporting each other