

Employee Wellbeing Journey

Session	Session 1	Session 2	Session 3
Duration	2 hours	2 hours	2 hours
Theme	Introducing Workplace Wellbeing	Prevention	Early Intervention
Session aims	<ul style="list-style-type: none"> • Understanding mental wellbeing & its impact on mental health • Understanding our role as employees in workplace wellbeing • Recognising the key drivers of mental wellbeing at work • Understanding stress & stress triggers • Understanding the benefits of the Wellness Action Plan 	<ul style="list-style-type: none"> • Understanding the meaning of emotional resilience • Exploring different strategies to build emotional resilience • Considering our role in managing external pressure • Creating our group commitments for supporting a culture of wellbeing 	<ul style="list-style-type: none"> • Understanding the importance of supporting each other & challenging stigma • Recognising the signs & symptoms of stress & low mental wellbeing • Exploring some common mental health problems in the workplace • Understanding where to get support