



Corinium
Training

Supporting Health & Wellbeing of team members

Duration: 1 day

Whose is this for?

Aimed at managers who need some guidance and clarity on their role in supporting their team members health and wellbeing.

Content:

- Defining health and wellbeing and being mindful of personal and cultural boundaries
- Looking at our legal requirement to maintain risk assessments etc around mental well being and physical health and safety
- The power of listening and being supportive even when you cannot help
- Other agencies / paths for care and how/when to use them
- Discussion of the kinds of support we can give and examples of where we have made a difference to our employees lives by doing so

Delivery:

We can deliver this course either on a 1:1 or Group basis with a choice of virtual or face to face delivery (we can even tailor the content to suit your culture, values, branding etc)