



Training & Assessment  
in Healthcare Ltd

*Training and Professional Development*

## Well-Being & Resilience Training

The aim of this short course is to coach and support staff to be aware of the importance of building resilience in the workplace. The course will provide the opportunity to discuss all the factors that influence health, fitness and well-being and to know how we can influence and improve the work/life balance for our teams and improve resilience.

### Course Objectives

- To understand and define the terms well-being & resilience
- To look at changes we can make to promote our well-being and those whom we support (physical and mental health)
- To understand The Resilience Toolkit, The Stress Arc, Stress Talking Toolkit and where to find other available resources
- To know how to promote positive workplace cultures to support health and well-being for all
- To explore strategies to improve physical and mental health and well-being
- To discuss the importance of communication skills and how to have well-being conversations in the workplace
- To gain information and tips on how to improve well-being and the practical steps that can be taken to make a difference to health and job satisfaction in your whole team

### COURSE NOTES

- This course can be delivered inhouse or via zoom
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COURSE INFORMATION	
<b>Duration:</b>	Half day
<b>Who should attend:</b>	All Staff
<b>Certification:</b>	Certificate of Attendance
<b>Travel Charge:</b>	Dependent on Location

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