

## Free – Wellbeing strategies to support loss, change and adjustment in our current working environment. for Managers working across Central Bedfordshire.



### Supporting emotional health and wellbeing - mentoring **30-minute session**

This coaching is to equip managers with tools and techniques which identifies own areas of strength which can be used as an instrument to support own wellbeing and their team / s.

You will be able to identify the most prevalent emotional health difficulties in the workplace and how to deal with sensitive and difficult situations regarding the loss and change in our current working environment, mental health and / or domestic abuse.

By attending this coaching session your will:-

- Be able to recognise own weaknesses and strengths and utilise this when supporting others.
- Be able to approach a person who is experiencing difficulties, due to the loss and change of the new working environment and how to bridge challenges faced and offer support.
- Identify how to communicate effectively during a sensitive / difficult situation regarding loss, change, mental health / domestic abuse.
- Develop skills in the development of wellness action plans and how to implement them.
- Identify appropriate signposting and how to access information.

**Spaces are limited and must be pre-booked - Please select from the following.**

Date	Time	Venue
Monday 19 <sup>th</sup> July 2021	9.30am – 10.00am	ZOOM
Wednesday 8 <sup>th</sup> September 2021	9.30am – 10.00am	ZOOM
Thursday 7 <sup>th</sup> October 2021	11.00am – 11.30am	ZOOM
Monday 1 <sup>st</sup> November 2021	2.30pm – 3,00pm	ZOOM

**To book your place or find out more information please email:-**

Mind BLMK Training

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