



## Target Audience

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Managers, Housing and Support teams, including Team Leaders, Deputy Managers who supporting staff teams in a variety of roles and settings.

**This course is delivered using a range of methods and resources including:**

- ◆ Face to Face tutor facilitation, questionnaires, videos, and scenarios for breakout groups, questioning and participation and an end of session assessment.

**This course has been developed and mapped to current occupational standards, qualification frameworks and the following documents and resources:**

- ◆ Skills for Care – Building your own resilience, health, and wellbeing
- ◆ HSE - Work-related stress and how to tackle it
- ◆ Department of Health and Social Care – health and wellbeing of the adult social care workforce

## Course Content

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- ◆ Acknowledging own mental health and wellbeing
- ◆ Identifying staff who may need immediate support
- ◆ Creating a culture of wellbeing promotion
- ◆ Support for mental health and wellbeing
- ◆ Peer-led initiatives
- ◆ Practice conversations
- ◆ Key steps to support mental health
- ◆ Resilience and why it matters
- ◆ Benefits of building a team's resilience
- ◆ Identifying workplace pressure and when is it a problem
- ◆ Strategies to cope with in-the-moment and long term pressure
- ◆ Personal development to build own and team members resilience, health & wellbeing

## Learning Outcomes

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**After attending this course, learners will be able to:**

- ◆ Acknowledging own mental health and wellbeing
- ◆ State how to identify staff who may need immediate support
- ◆ Describe how to create a culture of wellbeing promotion
- ◆ List source of support for mental health and wellbeing
- ◆ Describe what could be peer-led initiatives
- ◆ Give an overview of the benefits of practice conversations
- ◆ List key steps to support mental health
- ◆ State what is resilience and why it matters
- ◆ List the benefits of building a team's resilience
- ◆ Identifying workplace pressure and when is it a problem
- ◆ Give an example of strategies to cope with in-the-moment and long term pressure
- ◆ Complete a personal development to build own and team members resilience, health & wellbeing

**Duration: 6 Hours**