



Supporting Your Teams in Challenging Times

Mental Health and Well Being Workshops

We've developed a workshop programme to support our colleagues in these unprecedented times.

Staff working remotely have reported heightened levels of stress and anxiety. Feeling isolated from peers is often a contributing factor and can impact health and wellbeing.

Thankfully there are skills and practical strategies we can learn that make a real difference and help us to thrive – even during a global pandemic.

We are now offering mental health workshops online. As always, our training does not see mental health as 'problem to be solved' but equips organisations and individuals with the models and tools to make positive steps to promote mental health and well-being.

Format

1.5 hours webinar followed by 1-to-1 coaching sessions

These sessions can be run for individuals (as part of a wider cohort) or for teams.

Our workshops practical and proactive approach to help individuals adapt, build resilience and maintain their mental health.

We talk through resilience - the ability to respond positively to adversity, to bounce back and find a way forward. We know that this is a skill we can grow and we provide some practical tools to help mitigate stress and promote well-being.

We follow up the online coaching – building on the success of our current HDN programmes- to further build capability on an individual basis through a one to one, focused relationship. The number of coaching sessions (typically lasting 30 minutes) are agreed at the outset, but typically we would expect 4 sessions.

Learning Points

We expect that course participants will be able to:

- identify and explore significant stress points relating to the uncertainties caused by the coronavirus

- be able to apply coping mechanisms and strategies to cope with uncertainty and anxiety
- establish some healthy behaviours to improve mental, physical and overall health and wellbeing
- apply some strategies to maintain a positive work culture including reconnecting to personal and organisational values
- promote cultural awareness and sensitivity during global challenges, especially those related to the pandemic

Contact

We hope to run the first cohort in early May for individuals, and it will be a month-long rolling programme.

Contact us for more details and costs.

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