

Wellbeing in a time of crisis virtual course



Course Outline

Many people are experiencing extra worry and stress at this current time, and the added pressures of working from home in isolation from colleagues and peers, is likely to have a long lasting effect on the mental health and wellbeing of people across Norfolk and Waveney.

In direct response to this crisis, our Training Team has developed a 1.5 hour workshop: Wellbeing in a time of crisis. Our qualified and experienced trainers are available to deliver this workshop virtually to you and your staff team in a small and intimate group, allowing for in depth discussion and opportunity to support one another during the pandemic.

Our Wellbeing in a time of crisis workshop includes a framework which will:

- help your staff understand their reactions to the pandemic
- highlight ways in which they can actively look after their mental health
- give them a sense of control and purpose
- help them cope with the current situation and be better able to keep it in perspective
- Include ways to work effectively from home

For anyone of us, attending to your mental health now has the potential to give you resilience and skills to help in the future too. By supporting your employees' mental health and wellbeing during this time, you can take steps to ensuring the security of your business and its most valuable asset: your people.

Details

Wellbeing in a time of crisis workshop is 1.5 hours in length and delivered by Norfolk and Waveney Mind via Zoom. We welcome a maximum of 12 delegates per workshop to allow best facilitation of discussions within the group. All our virtual training workshops and courses are delivered live by an experienced and qualified trainer.

Our workshop is priced at £250 for a large business (50+ employees) and £175 for a small/medium business or voluntary sector organisation. We offer a discount for bulk course bookings.

Please contact us for more information or to make a booking

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