**Coming Soon**…New FREE Training

Leading with Compassion: Let’s Talk About Mental Health

Session 1: Thursday 11th April (10am-1pm)

Session 2: Thursday 18th April (10am-1pm)

Session 3: Thursday 25th April (10am-1pm)

This training is especially designed for senior managers with line management responsibilities. These dates are a pilot course and we invite your feedback to help us develop the material and delivery methods.

Training Outline:

This training has been designed to explore how we support our own and our colleagues’ mental health in the work place. We will focus on:

* understanding mental health and what factors might impact our mental health
* developing our knowledge, skills and confidence to enable better conversations about mental health
* thinking about team culture and creating supportive and reflective environments which enable and normalise conversations about mental health
* learning how to recognise when we or others might be struggling with our mental health
* bringing awareness to our own responses to that we can be more present and lead with compassion.
* sharing knowledge about what support options are available locally, nationally and online

Training Delivery:

This training is provided virtually on MS Teams, delivered in three sessions over three half days (9 hours). We encourage you to attend all three sessions, as each session builds on the previous and supports your development along the way.

After the initial three sessions, four facilitated Peer Connecting sessions will be offered to you as a group and will also be provided on MS Teams (4 hours). This is an opportunity for group members to come together to share ideas, concerns, learnings, and to reflect on embedding some of the practices discussed in the training. After this, there will be the opportunity to join ‘drop-in’ Peer Connecting sessions, which are currently held monthly.

**Deadline for applications is Monday 18th March.** Places will be limited and we aim to ensure representation from the range of organisations who are part of the Gloucestershire Integrated Care System (ICS).

Contact us at [hello@thewellbeingline.co.uk](mailto:hello@thewellbeingline.co.uk) to find out more and to book a place.

**The Wellbeing Line Team**