

**Bailey & French.**

# MFT WELLBEING & RESILIENCE VIRTUAL WORKSHOP

## BOOKING OPEN NOW

We are partnering with Bailey and French to deliver a 2 hour virtual Wellbeing and Resilience workshop to all staff as part of Stress Awareness Month.

**19th April: 9:30 - 11:30**



**25th April: 13:00 - 15:00**



**28th April: 13:00 - 15:00**



## Included in the Workshop:

- Ways to boost Resilience
- Reframing Stress

• Increase Team Morale and Wellbeing

• Discover techniques that suit you

# MFT Wellbeing & Resilience

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Together, with Bailey & French, we are humanising the world of work.

## Learning Outcomes

- To become aware of the impact positive and negative emotions have at work
- To understand the connection between stress, emotional intelligence, and resilience.
- To learn techniques to build resilience and foster high quality connections, understanding the impact this has on performance and wellbeing.
- Have a good understanding of all the support available within MFT, Greater Manchester and Nationally.



## Who is the programme for?

The programme is designed for all levels and roles in MFT.

The 2-hour workshop will be delivered virtually using Microsoft Teams. We will bring together all staff members across MFT to broaden your understanding of wellbeing and resilience and to enable you to build networks outside of your usual workplace.

## What is the cost?

The programme has been funded by MFT, so there is no charge to your local budget.

## How do I book at place?

Please speak to your manager before booking a place. You can book your place on the learning hub by clicking on the book now icon.

If you have any queries, please e-mail [lead@mft.nhs.uk](mailto:lead@mft.nhs.uk)

BOOK NOW





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## About the Facilitator:



**Josie Jacobs**



**Bailey & French**



**josie.jacobs@baileyandfrench.com**

- Josie is a highly engaging and experienced facilitator, having delivered programmes across a diverse range of sectors from the NHS to professional services.
- With a background in advertising and marketing, followed by a career and research in the field of wellbeing and resilience, she brings a disciplined yet personable approach.
- Following a Masters of Science in Positive psychology, Josie has delivered wellbeing and resilience programmes. Josie is an expert in resilience and is currently researching for a PHD in this field.
- As an individual, Josie is warm, compassionate and has a wonderful positive energy that is highly infectious!

## Why does Wellbeing & Resilience Matter?

44 per cent of staff report feeling unwell as the result of work-related stress (up from 40 per cent in 2019).

The NHS has been identified as having a higher-than-average level of stress-related sickness absence of all job sectors across the country.

We are the NHS: People Plan focuses on 'looking after our people' to ensure people are safe and healthy at work, prioritising the wellbeing of NHS staff to deliver safe and high-quality patient care.

Stress, alongside anxiety and other psychiatric illnesses, is consistently the most reported reason for sickness absence in the NHS, accounting for over 511,000 full time equivalent days lost, (NHS Digital Statistics, 2020) and so it is essential that NHS provider organisations are well informed and equipped to support those experiencing stress.



April is National Stress Awareness Month to raise awareness of the negative impact of stress. There is no single definition for stress, but the most common explanation is physical, mental, or emotional strain or tension.

Stress is a significant cause of mental and physical ill-health, and work-related stress is an issue in health & social care. Working in the NHS and MFT is rewarding – we know we make a positive difference to our patients – However it's also inherently stressful.

Research states that stress can contribute to errors and misjudgements, low morale, sickness absence, burnout and high staff turnover – which all undermine quality care and support we give to each other.

Looking after your wellbeing and resilience will help you and our workforce to manage stressful situations, protect you from mental ill-health issues and improve your health and wellbeing.

At MFT, this ensures that you can continue to do your job well and deliver high-quality care and support to colleagues and patients alike.

People who are resilient benefit from better:

- Job satisfaction.
- Personal development including greater self-awareness.
- Better understanding of others and good self-management skills.
- Decision making skills.
- Improved performance and quality.
- Team morale and team working.
- Retention & sickness rates.

All of this ensures that people receive the high-quality care and support that they need and deserve. So look after yourself and book onto our MFT Wellbeing and Resilience Workshops in April 2023