

Join us for a free
online workshop on

WEDNESDAY
FEBRUARY

24

10am–12pm

RealityHR

People Driven Business Growth



Support your employees' wellbeing: The essential toolkit & workshop for managers

As we begin 2021 in lockdown, it is essential that your managers understand the stresses and anxieties that may affect their teams, and that they feel equipped to effectively support those who may be struggling.

Our **Wellbeing Workshop** is delivered by Reality HR's experienced HR & Training Consultant, who understands the importance of staff wellbeing and its commercial impact on driving resilience and productivity. We also offer a comprehensive **Wellbeing Toolkit** with essential tools, documents and tailored HR advice for managers, which complement the Wellbeing Workshop.

Wellbeing Workshop:

An interactive, 2 hour training workshop delivered via zoom to bring the following themes to life:

- Mental Health Awareness for managers
- Tips for opening conversations about Mental Health and signposting further help
- Advice on good workplace practices to support wellbeing and help develop resilience
- Open discussion - the opportunity to bring in questions for discussion and answers
- A free Wellness Action Plan - a powerful, preventative tool that can help spot issues before they become a problem

This session will provide practical ways for managers to identify, deal with, and proactively avoid mental health issues.

Book your place for free today.

Wellbeing Toolkit includes the following tools:

- Practical, tailored HR advice from the Reality HR team
- A wellbeing policy with proactive and reactive actions to take
- Guidance for one-to-one meetings between managers and staff members
- Stress Risk Assessments

PLUS, written guidance for managers on:

- Mental Health Awareness
- Examining stigma – where it comes from and what you can do to reduce it
- Spotting signs that your people may be struggling
- Opening conversations about mental health and signposting to further help
- Understanding resilience. Activities to develop resilience in yourself and your teams.
- How to reconnect as a team
- Good workplace practices to support wellbeing

For £425 + VAT your business can benefit from this comprehensive toolkit.

Book your place today by emailing training@realityhr.co.uk or calling 01256 328428



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