



# Local Government

## Resilience and Wellbeing at Work

**Date:**  
Apr 25, 2017

**Course Duration:**  
1-day

**Venue:**  
Holiday Inn, Taunton (Just off Junction 25 of the M5)

### Description:

This one-day interactive event is very relevant and highly topical for all employees but may be of particular interest for those with people management responsibilities.

We are delighted to be joined by Trudi Grant, Director of Public Health at Somerset County Council and David Crossman from Engage for Success, with whom the CIPD, the professional body for HR and people development, have recently formed a new collaboration.

Learners attending this event will gain an appreciation of the link between wellbeing and organisational outcomes as well as a range of practical tools and guidance on how to recognise and manage health and wellbeing challenges.

### Content:

Participants will have the opportunity to attend the following sessions:

**Chair's Welcome and Introduction to Wellbeing at Work - Trudi Grant, Director of Public Health, Somerset County Council**

**Sustaining Employee Engagement and Performance: David Crossman - Engage for Success**

This session considers why wellbeing matters and looks at:

- Latest relevant research
- Implications for workplace resilience
- Links to organisational outcomes

**Practical Tips and Tools for Workplace Resilience: Kim Hewett – The Mindful Employer**

This session is about putting workplace resilience into practice in the workplace and explores:

- Recognised best practice
- Understanding resilience at a team and individual level
- Practical tools and tips for maintaining mental wellbeing at work
- Making policies work - embedding resilience and wellbeing in the workplace

**What does the Mindful Employer look like? Kim Hewett – The Mindful Employer**

This session considers how to access wellbeing in the workplace:

- What is the Mindful Employer initiative?
- What are the benefits of being a Mindful Employer?
- The Mindful Employer Charter for Employers
- Putting a Charter into practice

**Psychological contracting: David Crossman - Engage for Success**

This session explores the concept of unwritten expectations and obligations between employer and employee:

- What is the psychological contract?
- Strategic implications
- Enabling psychological contracting
- Benefits to the organisation and employee

### TRAINING DETAILS

**Course Ref:**  
LG/17/507

**Closing Date:**  
21/04/2017

**Course Administrator:**  
training@swcouncils.gov.uk or  
call 01823 270101

### Related Courses:

- [The Springboard@ Women's Development Programme](#)
- [Introduction to Coaching](#)
- [Level 3 Award in Mentoring](#)
- [Level 3 Award in Coaching](#)
- [Level 5 Certificate in Coaching & Mentoring](#)
- [Level 7 Certificate in Executive Coaching & Mentoring](#)
- [Level 7 Certificate in Coaching Supervision](#)
- [Coaching Conference](#)
- [Coaching CPD events](#)

"Now I can communicate in a difficult environment with more confidence"

"Really interesting and motivational"

"I wish I had completed the course several years ago"

"The trainers were fun, interesting, enthusiastic and encouraging"

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Member Organisations: £99  
Non-Member Organisations: £150

(All prices subject to VAT. Discounts for multiple bookings may apply)

- The role of communication

**Sharing Personal Experiences: Neil White - Head of OD, Dartmoor National Park Authority**

This session offers learners the opportunity to gain insight from a shared personal experience. It considers preventative approaches, what can be helpful and what may not be helpful when good mental health becomes a challenge.

**Mental Health First Aid: Nadine Robson – Learning and Development Professional**

This introductory session helps learners to understand mental health challenges so that they are better able to support colleagues. At the end of this session learners will be able to:

- Identify the discrimination surrounding mental health problems
- Define mental health and some mental health problems
- Relate to people's experiences
- Help support people with mental health problems
- Begin developing a business case for promoting positive mental health in the workplace
- Look after their own mental health

**Five Ways to Wellbeing: Nadine Robson – Learning and Development Professional**

The Five Ways to Wellbeing are evidence based things we can do to help improve our wellbeing. By the end of the session, learners will be able to:

- Identify the Five Ways to Wellbeing
- Discuss how to bring the Five Ways to Wellbeing to the workplace and colleagues
- Commit to achieving the Five Ways to Wellbeing within the workplace

