



Promoting Emotional Wellbeing of all Health and Social Care staff in NI

These short introduction programmes via video link aim to address central aspects of emotional wellbeing during this time of unprecedented challenges in the workplace and in our communities. It is relevant to a range of health care professionals working across the Health and Social Care system.

Emotional Wellbeing for Healthcare Staff during COVID-19

This programme explores strategies and concepts that promote emotional wellbeing.

Learning Outcomes

- Discuss the potential impact of the changing and challenging health care environment on the mental health and well-being of health and social care staff.
- Review HSC framework (2021) : supporting the wellbeing needs of the HSC staff during Covid-19 for leaders and managers
- Identify how staff teams can support the mental wellbeing of colleagues in these rapidly changing and challenging times
- Explore and discuss concepts that promote mental well-being
- Discuss self-care and strategies to build resilience and manage our wellness
- Sign post to resources which have been made available to support staff and promote mental well-being.

4 March 2021
9.15am – 12.30pm

12 March 2021
1.15pm – 4.30pm

16 March 2021
9.15am – 12.30pm



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Resilience & Mindfulness for staff

This programme will provide an overview of resilience and to introduce participants to the value of being mindful.

Learning Outcomes

- Discussed resilience and considered factors which influence it.
- Discussed the evidence underpinning the value of a resilient workforce
- Considered the characteristics that enable you to be a resilient leader/manager, and to contribute to team development & performance.
- Completed a self-assessment and identified a personal action plan to enhance your resilience.
- Explored the evidence underpinning mindfulness strategies.
- Engaged in mindful techniques to support your resilience and enhance your performance.
- Identified sources of support available to staff.

10 March 2021
9.15am – 12.15pm

15 March 2021
1.15pm – 4.15pm

22 March 2021
1.15pm – 4.15pm