

*Taking Care of Yourself and Your Staff*

# How to Have a Well-being Conversation



## BRINGING WELL-BEING INTO YOUR WORKPLACE

 *JUST CLICK on the link below to join the online session*

### Inviting you to have that conversation...

This training session aims to equip both managers and staff with the confidence, knowledge, and practical tools to have effective wellbeing conversations in the workplace. These conversations are essential in fostering a compassionate culture, early identification of concerns, and appropriate support or signposting.

#### Learning Objectives:

- Recognise signs that a colleague may be struggling or experiencing poor well-being.
- Understand what a well-being conversation is – and what it is not.
- Explore and apply the EVENT model as a structured approach to guiding well-being conversations.
- Practice having a well-being conversation
- Feel confident in signposting to appropriate BHSC bWell resources and external supports.

*Simply CLICK To join + learn!*

Date	Time:	Joining Link:
31st July	10am-12pm	<b><u>Click to join</u></b>