



**Special  
COVID-19 Offer**

# Maintaining Your Team's Resilience & Mental Wellbeing through Covid-19



The current crisis and the move to home working, brings challenges of how to work effectively, social isolation, increased levels of anxiety and depression, dealing with bereavement, and the increased potential for domestic abuse. This will be particularly acute for those with existing mental wellbeing/health issues.

**At WME, we understand that building and maintaining resilience across the public sector workforce is of critical importance to every Council. We need to support our employees, including managers, volunteers, students and those being re-deployed into new roles – particularly where they are now providing critical support.**

## Maintaining Your Team's Resilience and Mental Wellbeing through Covid19

Our emotional wellbeing is vital at this time as many of us will experience heightened levels of anxiety or depression. Once the novelty of homeworking or being re-deployed to different jobs wears off, or people experience an increase in workload when colleagues become ill, we may all experience good days and bad. As well as the need to maintain your own emotional wellbeing, you need to maintain that of your teams.

Your team's resilience is crucial to the continuation of services. Understanding the risks around homeworking, social isolation, and associated factors is key to taking the correct action to support your teams effectively. This webinar will cover strategies to increase social connection, how to spot signs and symptoms of poor mental wellbeing, how to apply policies, risk assessments and wellness action plans well, to maintain the mental wellbeing of your teams, which are vital to their health and performance.

### Duration

This one hour webinar for managers will cover useful information, some individual exercises and discussion.

### Content

On this webinar we will cover the following areas:

- Your leadership style and tone of communications with your team
- Impact on team members, particularly those with existing mental wellbeing/health issues.
- Signposting to support
- Help for yourself
- Useful tools for a good quality wellbeing conversation
- Your policies – mental wellbeing/stress, sickness

## Delivered by our Resilience and Mental Wellbeing Expert Sara Rawstron



Sara is a specialist in employee mental wellbeing and an executive coach. She understands the link between employee wellbeing and the ability to sustain high levels of performance to achieve bottom line results. Her strong background in management and leadership development helps her to scope interventions to achieve the desired cultural change required.

Sara first started working in this field 15 years ago when she managed the Work-Related Stress team for Birmingham City Council. Today, as part of running her own business, Sara works with National Grid as their Mental Wellbeing Specialist. She is WME's Lead Consultant in employee mental wellbeing and delivers a range of courses and consultancy for public, private and third sector organisations.

### Bookings

Sessions can be arranged specifically for your organisation and can be tailored to your specific needs

### Maintaining your Teams Resilience and Mental Wellbeing

Up to 12 delegates  
60 minutes  
£350 plus Vat

**Book now!**





For more information and to book sessions contact  
Leadership and Development team via  
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