

Stress and Wellbeing Management

This course will help to improve staff retention by providing strategies to boost resilience within teams, in particular, those who are patient-facing.

During two half-day sessions, you will also learn strategies to enhance your own well-being and resilience in this current time of stress. It also addresses systemic sources of stress, and how teams can manage those together.

Outcomes are:

- Understanding of what good health and mental health look like at work
- Understanding of the relationship between stress and illness
- Knowledge of psychologically-informed strategies to inform health and wellbeing

Benefits are:

- Improved staff retention and resilience
- Increased emotional self-management
- Enhanced well-being at work

Length: 2 half days

Attendees: 12 max
In-person or virtual

All training components have been written by a Chartered Psychologist who is skilled in person-centred approaches to communication and is also a member of the Motivational Interviewing Network of Trainers (MINT). The training is highly participatory and interactive and tailored to the individual needs of attendees.



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