

manager wellbeing workshops

start
within

Workshop Overview

A two-hour tailored workshop for line managers to boost our own wellbeing, as well as provide practical tools for supporting direct reports. This session adopts a personal, discussion-based approach to help managers explore their current challenges, as well as share successes!

Start Within will empower managers with useful resources, tips on empathic listening and practical solutions to support employees at a time that continues to pose unique challenges.



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Workshop Breakdown:

Part 1

- What is mental health and why is it important?
- Understanding your current challenges
- Managing stress, change and uncertainty
- Establishing a self-care checklist
- Prioritising our own wellbeing and protecting our professional boundaries

Part 2

- What challenges are your team facing?
- Connecting your team
- Identifying and dealing with burnout
- Top tips for active and empathic listening
- Example conversation framework
- Tools and resources for internal/external support

