

## **Managing the Mental Wellbeing of your Team**

At a time when mental health within the housing sector is becoming increasingly focused on this is a great opportunity to learn about your role in making social housing a great place to live and sector to work in.

### **Who is the Course for?**

All colleagues who wish to gain an understanding of the impact mental health and mental wellness can have on the individual and the workplace. This may be of particular interest to those who manage others or are leading on wellness policy within their organisation.

### **Course Aim:**

- To enable managers and leaders to have an awareness of Mental health and understand the importance of looking after the mental health of themselves and their team members at work. The course will also give insight into mental illness, the impact within business and how to successfully identify signs of mental illness within individuals.
- To learn what to do to look after their teams mental health and how to manage mental illness effectively, understand their impact on the mental health of their team and how to effectively build team resilience.
- Each delegate will leave the session with some tasks to complete within their team with the aim of enabling conversation about mental health and encourage openness while creating a workable plan as a collective

### **The Course will cover:**

- The impact of Mental illness at work.
- What is Mental Health and Mental Illness.
- Looking at the stigma of mental illness and how this affects how we talk about it.
- Stress vulnerability model and how we can apply this to ourselves and within business.
- Mental Illness at work – looking in detail at the most common.
- Potential workplace triggers which may lead to mental illness.
- Having great conversations – creating trust and openness with team members.
- What to do when a team members needs support.
- How we create our mindset and how this drives our behaviour.
- Emotional Intelligence and its importance as a leader.
- Team and individual resilience.
- Creating a plan for mental wellbeing within your team.

### **By the End of the session you will be able to:**

- Have a clear idea of the potential impact of mental illness at work.
- Understand the importance of managing the mental health of themselves and their team.
- Have a clear plan to encourage the improvement and maintenance of mental wellbeing within their team members.

- Be able to identify potential situations/ triggers which may lead to mental illness within individuals and where possible mitigate against these situations/ triggers.
- Be aware of the key aspects of building individual and team resilience to maximise performance throughout business pressured times
- Understand their impact in the mental wellbeing of their team members
- Create a working team plan to maximise mental wellbeing at work

In this session Glynis Osborne is joined by Nicky McGee.

### **About Nicky:**

Nicky holds professional qualifications in business and nursing, currently operating as a registered Mental Health Nurse in a specialist frontline service within secondary mental health services. Prior to this, Nicky has supported vulnerable people in his roles such as Housing Benefits Assessor, Independent Living Fund Officer, Welfare Rights Officer, Care Manager, and Personal Budgets Officer. Expanding an organisations understanding of mental health through delivering bespoke training packages has been a constant and integral aspect of his work. Nicky has a genuine passion to encourage others to utilise their strengths, achieve personal and professional growth, focusing on self-awareness and the importance of good physical and mental health for a meaningful and fulfilling life.