



Promoting Emotional Wellbeing of all Health and Social Care staff in NI

This short introduction programme via video link aims to address central aspects of emotional wellbeing during this time of unprecedented challenges in the workplace and in our communities. It is relevant to a range of health care professionals working across the Health and Social Care system.

Emotional Wellbeing for Healthcare Staff during COVID-19

This programme explores strategies and concepts that promote emotional wellbeing.

Learning Outcomes

- Discuss the potential impact of the changing and challenging health care environment on the mental health and well-being of health and social care staff.
- Review HSC framework (2021) : supporting the wellbeing needs of the HSC staff during Covid-19 for leaders and managers
- Identify how staff teams can support the mental wellbeing of colleagues in these rapidly changing and challenging times
- Explore and discuss concepts that promote mental well-being
- Discuss self-care and strategies to build resilience and manage our wellness
- Sign post to resources which have been made available to support staff and promote mental well-being.

4 March 2021
9.15am – 12.30pm

12 March 2021
1.15pm – 4.30pm

16 March 2021
9.15am – 12.30pm