



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.

Resilience & Mindfulness for staff

This programme will provide an overview of resilience and to introduce participants to the value of being mindful.

Learning Outcomes

- Discussed resilience and considered factors which influence it.
- Discussed the evidence underpinning the value of a resilient workforce
- Considered the characteristics that enable you to be a resilient leader/manager, and to contribute to team development & performance.
- Completed a self-assessment and identified a personal action plan to enhance your resilience.
- Explored the evidence underpinning mindfulness strategies.
- Engaged in mindful techniques to support your resilience and enhance your performance.
- Identified sources of support available to staff.

10 March 2021
9.15am – 12.15pm

15 March 2021
1.15pm – 4.15pm

22 March 2021
1.15pm – 4.15pm