

### Why this training is important?

How do we overcome our initial awkwardness and confusion at recognising and learning that a colleague is facing a health challenge, and are we able to both be supportive and accepting?

The NHS People Plan asks us as employers to do more to help us all to succeed and thrive at work. It asks us to ensure our line managers have the tools to hold 'wellbeing conversations' regularly and at time of need.

All managers have to balance their responsibilities to their team members and to their organisation. And, when it comes to health, these responsibilities need not conflict.

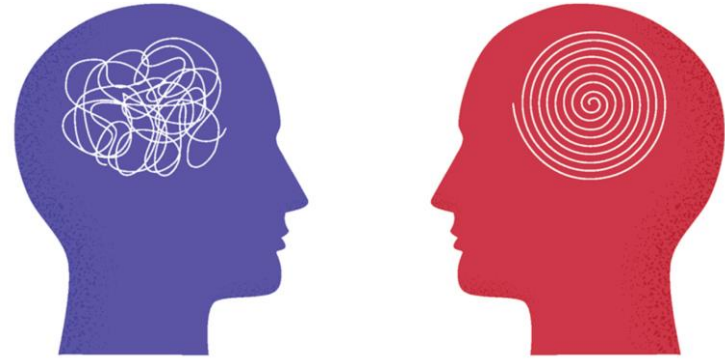
A workplace that's safe, both physically and mentally, and that enables its people to look after themselves and one another, will likely suffer less absenteeism and presenteeism, support more honest conversations, and engender more loyalty and trust.

### Who is it for?

This training is initially aimed at Line Managers / Supervisors responsible for team members and their wellbeing in the workplace.

### When?

These short training events will be initially delivered between 14<sup>th</sup> June and 9<sup>th</sup> July 2021.



**Session Length:** 1 hour, 30 minutes

To book on to your preferred date and time, simply click onto the linked details below to register for the scheduled event. Your trainer will send you an invite and joining instructions.

[Click this registration link to dates](#)

<b>16<sup>th</sup> June – 10am to 11.30am</b>	<b>18<sup>th</sup> June – 10am to 11.30am</b>
<b>18<sup>th</sup> June - 1pm to 2.30pm</b>	<b>22<sup>nd</sup> June – 10am to 11.30am</b>
<b>25<sup>th</sup> June – 1pm to 2.30pm</b>	<b>28<sup>th</sup> June – 10am to 11.30am</b>
<b>30<sup>th</sup> June – 10am to 11.30am</b>	<b>2<sup>nd</sup> July – 1pm to 2.30pm</b>
<b>5<sup>th</sup> July – 1pm to 2.30pm</b>	<b>7<sup>th</sup> July – 10am to 11.30am</b>
<b>7<sup>th</sup> July – 1pm to 2.30pm</b>	<b>9<sup>th</sup> July – 10am to 11.30am</b>

### REACT Trainers:

Paula Middlebrook

Kirsty Kitching

Chris Davies

Neil Robson