Courses – ceda – Wellbeing and Leadership

Boost Team Performance Through Wellbeing Training Course

https://www.maguiretraining.co.uk/leadership-management-courses/boost-team-performance-through-wellbeing/

Description:

Teams that are happy and healthy tend to be more sustainable, innovative, and deliver better results. By applying the principles of peak human performance, we can create cultures and work environments that enhance both team well-being and productivity.

In this session, we'll dive into the core principles of human performance and explore how they can be implemented in the workplace to build more sustainable, high-performing teams.

Learning Outcomes:

Our core objective is to equip leaders with the knowledge and tools to create a culture and ways of working designed to help their teams thrive and perform at their best. You will:

- Understand the ways to succeed in managing wellbeing within your team
- Understand how wellbeing affects performance in teams
- How to manage your team's performance

Defeating Negativity in the Workplace Training Course

https://www.maguiretraining.co.uk/leadership-management-courses/defeating-negativity-in-the-workplace/

Description:

The delegate will learn that positive psychology principles can be used to develop proactive and 'can-do' attitudes in everyday and more adverse situations. Despite the resistance from colleagues, positive psychology can have an impact on performance, and developing resilience to the objections can enable consistency in behaviour and develop a more positive person.

Learning Outcomes:

- Recognise the people in their network who have a positive influence on them.
- Identify the opportunities to promote positivity in everyday situations.
- Discuss the impact of the relationship with their inner voice.
- Outline tactics to overcome negativity and promote positivity in their everyday routine.
- Develop strategies to overcome resistance from colleagues to promoting positivity.

Emotional Intelligence Training Course

https://www.maguiretraining.co.uk/leadership-management-courses/emotional-intelligence/

Description:

The main aim of this training course is to help delegates understand how emotional intelligence offers a means for developing the communication and interpersonal skills needed by a manager to develop and improve relationships with both, their colleagues and the team.

Learning Outcomes:

- Understanding emotional intelligence

- Applying emotional intelligence to enhance personal / team performance

- Understand how emotional competencies support the development

- Explain how empathy is involved in motivating and influencing others

- Understand their behaviour and how this impacts performance

- Understand the behaviour of others

- Identify how to use different leadership styles in different work scenarios

- Design implementation plans to improve communication and efficiency

How to Build a Wellbeing Strategy Training Course

https://www.maguiretraining.co.uk/leadership-management-courses/how-to-build-a-wellbeing-strategy/

Description:

To be sustainable and effective, a wellbeing strategy requires exec-level buy in, a proactive focus and consistency across your ways of working and company culture.

Whether your organisation has their own strategy in place already or you're starting from scratch, this workshop helps you build or refine your strategy and support you through all the stages of the implementation process.

Learning Outcomes:

Our core objective is to equip you with the steps and skills needed to build and launch an effective wellbeing strategy for your organisation. You will:

- Understand where wellbeing fits within your organisation's culture

- Build a strategy to incorporate wellbeing into everything you do

- Understand the policies and processes needed to embed the strategy

Managing Conversations to Achieve Compassionate Outcomes Training Course

https://www.maguiretraining.co.uk/leadership-management-courses/managing-conversations-to-achieve-compassionate-outcomes/

Description:

This session will help Team Leaders and Line Managers to feel more confident to talk to their teams about mental health and menopause issues in a compassionate way, to support the success and wellbeing of the individual, team and wider business. Managers play a vital role in determining the health, well-being

and engagement of their team. They also play an essential part in managing the people and HR issues which can affect employee relationships.

Learning Outcomes:

- Increase their awareness of mental health and menopause difficulties

- Appreciate the impact of struggling with mental health and menopause difficulties

- Understand the perceptions, stigma and stereotypes which can be associated with mental health and menopause difficulties

- Feel more comfortable and confident to talk to individuals and their teams in relation to mental health and menopause difficulties

- Signpost people to support

- Develop polices and cultures which support the wellbeing of their workforce

Managing Conversations to Achieve Positive Outcomes Training Course

https://www.maguiretraining.co.uk/leadership-management-courses/managing-conversations-to-achieve-positive-outcomes/

Description:

This session will help Team Leaders and Line Managers to manage the performance, behaviour and attendance of their team assertively and develop a proactive style of line management to support an effective culture of workforce wellbeing.

Learning Outcomes:

- Identify their expectations of performance, behaviour and attendance

- Consider the impact of their workforce culture on tackling performance, behaviour and attendance issues effectively

- Develop an assertive and effective style of communication

- Manage difficult conversations to achieve positive outcomes

- Feel confident to manage escalating behaviours

- Practice their skills and observe the skills and approach of their colleagues

- Share their experiences in relation to tackling performance, behaviour and attendance issues with their teams

- Assertively define their expectations for change and monitor progress to secure improvements

Managing Pressure and Stress at Work Training Course

https://www.maguiretraining.co.uk/development-tools/managing-pressure-and-stress-at-work/

Description:

Delegates will learn how to recognise the symptoms of stress and manage stress and energy levels more efficiently. This course will enable people to become more effective in managing personal scenarios

when they are under pressure and how to manage the work/life balance. Delegates will understand the causes and nature of stress and recognise key symptoms of stress in themselves and stress in others before considering and using various personal development methods to alleviate this.

Learning Outcomes:

At the end of this programme, the delegate can:

- Explain the symptoms of stress and the impact it has on work and home life
- Recognising the symptoms and how to deal with them early
- Show how to manage difficult scenarios more efficiently
- Describe how to manage energy levels
- Give examples of techniques for becoming more self-aware

Mental Health Awareness for Leaders / Senior Managers Training Course

https://www.maguiretraining.co.uk/healthcare/mental-health-awareness-for-leaders/

Description:

The delegates gain an understanding of how to help build a mentally healthy workplace, challenge stigma and support positive well-being. Learn how to approach conversations sensitively and work as a team to support staff reducing the requirement to involve HR or Occupational Health.

Learning Outcomes:

- Be more confident in supporting employee mental health at work

- Spot the warning signs of poor mental health within the team

- Confidently have empathetic personal conversations

- Offer the right support, resources and direction early on

- Intervene when needed, and signpost to the right level of support

Overcoming Stress and Anxiety Training Course

https://www.maguiretraining.co.uk/healthcare/overcoming-stress-and-anxiety/

Description:

Being able to manage the art of overcoming stress and developing the ability to spot when stress factors are starting to affect us is a skill, not many possess. Mainly because we are so embroiled in the very issues we are being subjected to that we fail to see the signs. All of us have or will experience anxiety or stress at some point in our lives. This course has been designed to enhance your awareness of stress and anxiety so you are better placed to enhance the well-being of your patients or colleagues.

Learning Outcomes:

By the end of this programme, delegates can:

- Leave with a deeper understanding of anxiety and the physical and psychological impact of stress.

- List what causes anxiety and what strengthens and keeps it going.

- Understand the relationship between thoughts, feelings, physical sensations and behaviour within a cognitive behavioural framework.

- Identify their personal thinking styles and discover ways to develop more helpful thoughts to combat stress.

- Describe where to make personal lifestyle changes and learn stress management strategies for healthier living, for work and home.

- Practice relaxation techniques Describe how to use these skills to support the recovery of others

Role Modelling a Mentally Healthy Culture Training Course

https://www.maguiretraining.co.uk/leadership-management-courses/role-modelling-a-mentally-healthy-culture/

Description:

Wellbeing policies and perks can be great, but it's the everyday workplace experience that really impacts the mental health of employees.

From leaders to champions, this workshop explores the powerful ways we can role model and influence culture to help make the day-to-day work environment a more mentally healthy place to be.

Learning Outcomes:

Our core objective is to empower leaders and champions with the knowledge and skills to start building the right foundations for a mentally healthy culture. You will understand:

- What a mentally healthy culture looks like in the workplace

- What is needed from managers to embed this culture into their teams

- The key skills to championing wellbeing

Talking About Mental Health at Work Training Course

https://www.maguiretraining.co.uk/leadership-management-courses/talking-about-mental-health-at-work/

Description:

We often shy away from talking about mental health in the workplace - for fear of judgement, stigma or simply not knowing what to say.

This session explores how to normalise the conversation around mental health, while exploring some tools to create safe, non-judgemental spaces for people to really open up.

Learning Outcomes:

Our core objective is to give participants the confidence to talk about their own mental health and create safe spaces for others to feel safe to share themselves. You will:

- Understand how psychologically safe environments impact mental health

- Understand the affects that stress have on individuals and teams

- Share your views on managing mental health within a safe space