

Wellbeing Learning and Development offer for Telford & Wrekin Schools

To support you and your staff during these strange and difficult times we have pulled together some external trainers to deliver webinar style training through Microsoft Teams to support staff around wellbeing.

The specific information on these sessions is set out below:

[Building Personal Resilience Webinar for Employees](#)

This 1.5 hour webinar is designed to help you be resilient in these unprecedented times where the routines that previously gave us stability are crumbling away. Homeworking may be new to some of us, and in addition, we may also be caring for or home-schooling children, all whilst keeping an eye, from a distance, on loved ones and making sure our lives retain as much normality as possible. So what can help us to be at our best as much as possible when all around us is uncertain?

This webinar will give you simple practical tools to equip you to be as resourced as possible with whatever you have to handle.

Delivery Method: Webinar through Microsoft Teams

The cost of this webinar is £15 per delegate

Dates currently available to book through Ollie by clicking the webinar title:

12.10.2020 10 – 11.30am

2.11.2020 10 – 11.30am

1.2.2021 10 – 11.30am

[Building Your Teams Resilience Webinar for Managers](#)

This 1 hour Webinar delivered through Microsoft Teams aims to help you understand the risks around homeworking, social isolation, taking on new roles, increased levels of anxiety and uncertainty are key to taking the correct action to support your teams effectively.

This webinar will cover the potential impact on staff and how to spot signs and symptoms of poor mental wellbeing, practical strategies to increase social connection how to apply policies, risk assessments and wellness action plans with team members who are not coping well or who suffer in other ways as a result of the measure taken under covid19.

Delivery Method: Webinar through Microsoft Teams

The cost of this webinar is £15 per delegate

Dates currently available to book through Ollie by clicking the webinar title:

10.11.2020 10 – 11 am

10.272021 10 – 11 am

Employee Wellbeing

The aim of this workshop is to share some of the 'secrets' of Positive Psychology. We focus on learning new habits of thinking and behaviour that will sustain you and keep you going, it's about personal 'brilliance', the 'whole you' and as such is applicable in and out of work.

The content is taken from the latest research into positive psychology, flourishing, the power of the sub conscious mind and inner voice. The good news is that we're careful to disguise these concepts and deliver them in our normal fun and thought-provoking way.

Delivery Method: Webinar through Microsoft Teams

The cost of this webinar is £15 per delegate

Dates currently available to book through Ollie by clicking the webinar title:

21.9.2020 2 – 3.00pm

28.9.2020 10 – 11am

9.11.2020 10 – 11am

10.12.2020 2 – 3.00pm

The Why Factor

This webinar run through Microsoft Teams dares to ask a fundamental question why you do what you do. If fine is what you're striving for this is not for you. If you're seeking word class, you need to tap into inspiration. In short, you need to find a better why?

Topics covered include, positive psychology, Sinek's golden circles and the role the limbic system plays in your decision making.

Delivery Method: Webinar through Microsoft Teams

The cost of this webinar is £15 per delegate

Dates currently available to book through Ollie by clicking the webinar title:

New dates to follow for November, December and January

Due to limited capacity of the learning & Development Team we would please request that you book these through Ollie via clicking on the title of the course and then logging in with either your user name or your employee number and the password of welcome, unless you have changed this yourselves.

If you require the direct link to Ollie it's: <https://telford.learningpool.com/>

If you have any queries, or are an academy that do not have access to Ollie (our online training platform) then please email Co-operative.Admin@telford.gov.uk