

# FACT3™

## The Academy.



## Wellness for Managers

### Course Details

TRAIN, RETAIN AND DEVELOP | PEOPLE TRAINING DEDICATED TO SMEs

# COURSE OVERVIEW

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Our course has been specifically designed to support Managers & Supervisors in raising their awareness and how to manage Wellbeing in the workplace and its importance.

The Session also addresses the growth of Mental Health and the signs & symptoms and how to approach these with confidence. The course will also enable Managers to manage Stress at Work in a supportive but systematic way.

## BUSINESS BENEFIT

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Providing your managers with a better education and arm them to deal with Mental Health, Stress and the wellness of their employees.

In return seeing a natural reduction in employee turnover, absenteeism and general health in their employees.

## EMPLOYEE BENEFIT

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Clearer understanding of their role and responsibility as a Manager with a particular emphasis on Mental Health, Stress and dealing with difficult situations.

# COURSE CONTENT

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- What is Wellness?
- The 8 Dimensions to Wellness
- Your Organisation and the 8 Dimensions
- Mental Health awareness
- Absenteeism vs Presenteeism
- Absence trends and management
- Personal and workplace triggers
- Pressure vs Stress and the performance curve
- Managing Work Related Stress
- Active listening and communication
- Driving a positive Wellness culture

# FORMAT, PRICE & BOOKING

## DATES

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TBC - Online / In Person

## COURSE FORMAT

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### Online - 1 x 1/2 day session

- Live interactive training facilitated by a Fact3 Academy trainer via Zoom.
- Break out rooms and interactive exercises to bring Learning to Life.
- Small groups up to 10 delegates.

### In Person - 1/2 day course

- Training can be delivered at your premises or off-site at our unique training suite.

## PRICE

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**Per Person:**  
£75 + VAT

**20% Group discount for 5 or more people**

**Book now**