



# Mentally Healthy Workplace, Resilience & Wellbeing and Managers' Competencies Training for 2017

These courses are open to any manager or member of staff within Angus Council and Angus NHS/Health & Social Care Integration, regardless of involvement with Healthy Working Lives.

## Mentally Healthy Workplace Training - Open to all

How mentally healthy is your workplace? This FREE one-day training course is designed and accredited by the Scottish Centre for Healthy Working Lives to help you to consider how you create and maintain a mentally healthy workplace.

This course is open to any manager or member of staff and is available to all Angus Council or Angus NHS or health & Social Care Integration staff, regardless of involvement with Healthy Working Lives.

Key topics covered include: what makes an ideal workplace; signs and symptoms of mental health conditions and stress; attitudes and culture around mental health and ill-health; the 6 HSE management standards for stress; disabilities and the Equalities Act; and coping strategies.

**Please note: it is recommended that managers and their direct reports do not attend the same events.**

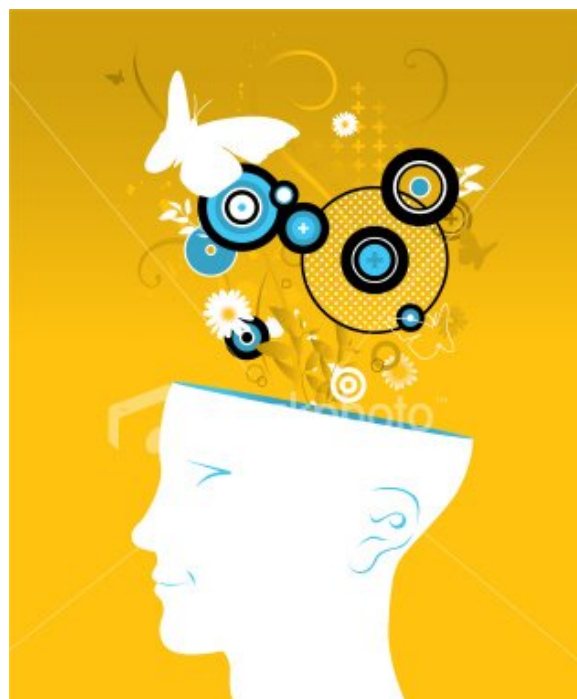
Venue	Date & Time
Room A, Bruce House, Arbroath	Wednesday January 11 9.30am-4.30pm
Training Rooms A&B, Angus House, Forfar	Friday April 14 9.30am-4.30pm
Room A, Bruce House, Arbroath	Wednesday September 15 9.30am-4.30pm

## Mentally Healthy Workplace Training – Managers Only

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Venue	Date & Time
Room A, Bruce House, Arbroath	Wednesday February 15 9.30am-4.30pm
Training Rooms A & B, Angus House, Forfar	Wednesday May 19 9.30am-4.30pm
Room A, Bruce House, Arbroath	Wednesday July12 9.30am-4.30pm
Training Rooms A & B, Angus House, Forfar	Wednesday November 22 9.30am-4.3pm

## Resilience and Wellbeing – Open to all

What is 'Resilience'? What does it mean to you and your workplace? What can you do to improve your resilience? What can your workplace do?

This Healthy Working Lives' accredited Resilience and Wellbeing session will help you to:

- Understand the links between pressure, stress, performance and health
- The business case
- Measure personal resilience
- Outline actions you can take in your organisation/teams to build employee resilience
- Understand how you can support yourself and employees to build personal resilience



**Please note: it is recommended that managers and their direct reports do not attend the same events.**

Venue	Date & Time
Room A, Bruce House, Arbroath	Wednesday January 25 1pm-4pm
Training Rooms A & B, Angus House, Forfar	Monday March 27 9.30am-12.30pm
Training Rooms A & B, Angus House, Forfar	Friday June 30 9.30am-12.30pm
Room A, Arbroath, Arbroath	Monday September 25 1pm-4pm
Training Rooms A & B, Angus House, Forfar	Wednesday November 29 9.30am-12.30pm

## Stress - Managers' Competencies – Managers Only



This 3-hour Healthy Working Lives workshop provides participants with an overview of the Stress Management Competencies and the tools available to you. The competencies were developed by the HSE and CIPD to support line managers to develop effective management practice that minimises the risk of stress.

The workshop also demonstrates the stress management competency indicator tool available to anyone wishing to undertake the process.

### Aims

- To raise awareness of the impact of management behaviours and practices
- To explore the importance of positive manager behaviour
- To increase awareness of your own behaviour
- To equip you with the tools to further enhance and/or develop your skills

**Please note: it is recommended that managers and their direct reports do not attend the same events.**

Venue	Date & Time
Room A, St Margaret's House, Forfar	Wednesday March 1 9.30am-12.30pm
Room A, Bruce House, Arbroath	Monday June 5 1pm-4pm
Training Rooms A & B, Angus House, Forfar	Friday October 6 9.30am-12.30pm

**If you wish to book a place or discuss any aspect of these courses, contact:**

**Julie Bell**, Employee Health & Wellbeing Adviser, Safety, Health & Wellbeing Team via email: [BellJA@angus.gov.uk](mailto:BellJA@angus.gov.uk) copying in **Jillian Clark** - [ClarkJ@angus.gov.uk](mailto:ClarkJ@angus.gov.uk)

**Book early to avoid disappointment.**

**Water, teas and coffees will be provided – please bring your own packed lunch for attendance at any of the one-day courses.**